

BBC

July 2016
DHS15 | QR15

NEW
LOOK

goodfood

Middle East

*A taste of
Summer*

FROZEN, FRUITY RECIPES TO KEEP YOU COOL THIS MONTH

COOKING MADE EASY

Simple midweek meals,
bursting with flavour

BREAKFAST IN TEN

Tasty ways to start
your day

RECIPES FOR CHILDREN

Let the little ones
help with supper

WIN!

DINING
VOUCHERS AND
GOURMET
HOTEL STAYS

NEW INTERVIEWS, RECIPES AND TRENDS

Gary Rhodes on TheEATre • Bear Grylls' food memories • Popcorn flavours
• Salted caramel eclairs • Marinated mackerel • Food travel

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VOTING NOW OPEN!

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Welcome to July!

It's all sunshine, frozen lollipops and indoor dining this month, as the Middle East's summer sun well and truly takes its hold, and we hideout inside to escape the heat.

It's also an exciting month of change here at *BBC Good Food Middle East*! And, if you hadn't already noticed, I'm proud to announce that after eight and a half years we've changed the magazine's size, as well as many design aspects, to ensure that we're the best food publication we can be!

Inside, you'll find a range of recipes ideal for using to entertain at home this month, as well as every day, easy to make options – all of which are season friendly and light on the stomach to avoid discomfort.

A favourite of mine is the *Modern family*, *stealthy veg* feature on page 44. It offers recipes for a couple of frozen delights that fantastically incorporate fruit and veg – perfect for the children (and adults, of course!).

There's also quite a few recipes that are suitable for getting the little ones involved with as the school holidays near. In preparation for that endless list of summer activities they'll need, I'd recommend tearing out the *Modern Food Stars* eclairs recipe on page 53, which everyone will enjoy decorating, and the *Cooking with kids*' recipe on page 60, to stick on the fridge. Or, for the whole family, the *Butterfly cupcakes* on page 92 are absolutely beautiful and are perfect for gifting.

This month we also catch up with celebrated chef Gary Rhodes and international adventurer, Bear Grylls, in addition to exploring worldwide trends to provide you with *2016's six hottest food cities* to visit on page 84.

Whether you're planning a dinner party at home or travelling to cooler shores this month, I hope you're able to find just what you're looking for inside these pages.

Enjoy the new look,



Sophie
Editor

WHAT WE'RE LOVING!



"This marinated mackerel with green olive & celery dressing is a perfectly light option," says sales manager, Carol.



"This jambalaya is a great alternative to traditional paella," says sales executive, Liz.



Sales director, Michael says: "These veal chops are fantastic for a special weekend meal at home!"



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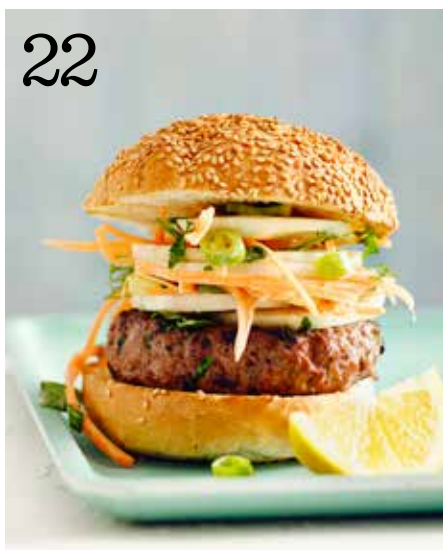
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Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

A Contains alcohol

Your Say

We love hearing from you!



I absolutely loved your Ramadan issue, and how vibrant and inviting you made it!

Throughout the special holy month, I was able to share a

range of new recipes with my family, making it extra special. Thanks!

Majed Alobadi



In the June issue, I really enjoyed your feature about 'the kitchen of the future'. I had no idea how much development was happening

behind the scenes. I'm due to update my kitchen soon, so I now know where to look!

June Wright



After reading your interview with Jason Atherton, I'm desperate to try Marina Social after it reopens following Ramadan. What a lovely, down-

to-earth chap! Please keep the humble interviews coming....

Gabriela Cardoso



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchen. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER





It was only couple of months back that I got engaged to my fiancée. It didn't take me very long to understand that the way to my girl's heart was to feed her the cuisines of the world. She loves trying out new dishes and flavors, and now and then we have date nights when we go exploring for varied cuisines. Last month, when I spotted the "Swedish Supper for Two" feature in my sister's BBC Good Food magazine, I had my eureka moment to cook this for my lady. The recipes were well worded, the ingredients were easy to find and the pictures of the dishes looked very promising. I took the plunge and needless to say, it bowled her over. This month I consulted the June edition again to cook some more and there it was – her Spanish favorite paella! She had developed a recent allergy to seafood and this variation using chicken and chorizo completely helped to satisfy her long pending craving. Thank you BBC Good Food for helping me score some superb brownie points with my darling! You have just earned a new subscriber!

Jizwin Youseph Kutty



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

MARINA DESIGN STAR 

DESIGNING THE FUTURE.

At Marina Home, we believe that we are just as responsible toward the betterment of the community as to our customers. Today, our name is synonymous with quality, creativity and a strong aspirational proposition, but at the same time, we engage in career-defining programmes that shape future design professionals and help them realise all their ambitions today. These efforts have collectively come to life in the form of Marina Design Star, an initiative that nurtures home-grown talent and mentors young designers in the region.

Conceptualised as a series of competitions such as 2014's Marina Star, 2015's Project Remake, and Project Remake 2.0 which is currently live, this programme recognises and celebrates young creative minds, providing them with an invaluable platform to showcase their talents, and gain an entry into the exciting world of design. Join us in our commitment to be a catalyst of growth for young minds as we provide them with a springboard to advance their careers and make their dreams come true.

The top 10 finalists have been shortlisted. Visit MARINAPROJECTREMAKE.COM to discover the talent behind the masterpieces.

#MARINADESIGNSTAR
#MARINAPROJECTREMAKE

AN INITIATIVE BY



NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.

Here's the world's top 50

1. Osteria Francescana (Modena, Italy)
2. El Celler de Can Roca (Girona, Spain)
3. Eleven Madison Park (New York City, U.S.A)
4. Central (Lima, Peru)
5. Noma (Copenhagen, Denmark)
6. Mirazur (Menton, France)
7. Mugaritz (Erreterria, Spain)
8. Narisawa (Tokyo, Japan)
9. Steirereck (Vienna, Austria)
10. Asador Etxebarri (Axpe, Spain)
11. D.O.M. (São Paulo, Brazil)
12. Quintonil (Mexico City, Mexico)
13. Maido (Lima, Peru)
14. The Ledbury (London, UK)
15. Alinea (Chicago, U.S.A)
16. Azurmendi (Larrabetzu, Spain)
17. Piazza Duomo (Alba, Italy)
18. White Rabbit (Moscow, Russia)
19. L'Arpege (Paris, France)
20. Amber (Hong Kong)
21. Arzak (San Sebastian, Spain)
22. Test Kitchen (Cape Town, South Africa)
23. Gaggan (Bangkok, Thailand)
24. Le Bernardin (New York City, U.S.A)
25. Pujol (Mexico City, Mexico)
26. The Clove Club (London, UK)
27. Saison (San Francisco, U.S.A)
28. Geranium (Copenhagen, Denmark)
29. Tickets (Barcelona, Spain)
30. Astrid y Gaston (Lima, Peru)
31. RyuGin (Tokyo, Japan)
32. Restaurant Andre (Singapore)
33. Attica (Melbourne, Australia)
34. Restaurant Tim Raue (Berlin, Germany)
35. Vendôme (Bergisch Gladbach, Germany)
36. Boragó (Santiago, Chile)
37. Nahm (Bangkok, Thailand)
38. De Librije (Zwolle, the Netherlands)
39. Le Calandre (Rubano, Italy)
40. Relae (Copenhagen, Denmark)
41. Fäviken (Järpen, Sweden)
42. Ultraviolet (Shanghai, China)
43. Biko (Mexico City)
44. Estela (New York City, U.S.A)
45. Dinner by Heston Blumenthal (London, UK)
46. Combal Zero (Rivoli, Italy)
47. Schloss Schauenstein (Fürstenu, Switzerland)
48. Blue Hill at Stone Barns (Pocantico Hills, New York, U.S.A)
49. QuiQue Dacosta (Denia, Spain)
50. Septime (Paris, France)



THE BEST BITES

Last month the annual World's 50 Best Restaurants were announced in New York. Massimo Bottura's Osteria Francescana in Modena, Italy, who appeared in season one of Netflix-original series *Chef's Table*, took home the number one spot for his remarkable work, and creative dishes like the 'five stages of Parmigiano Reggiano', 'eel swimming up the Po river' and 'tribute to Thelonius Monk'. Although the Middle East didn't make the cut, Zuma Dubai did rank in the top 100, taking home the 89th spot, and La Petite Maison in DIFC ranked at 99.

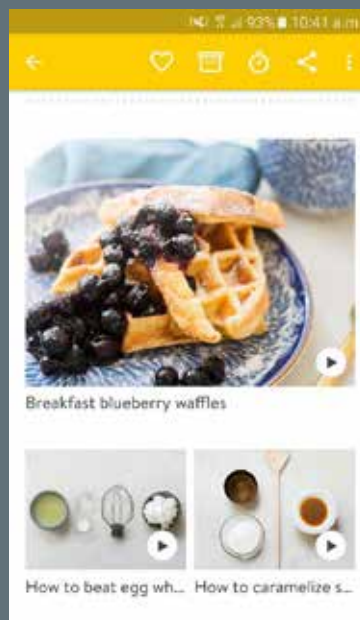


APP-SOLUTLEY BRILLIANT

*The Kitchen Stories
app is free on both
iPhone and Android*

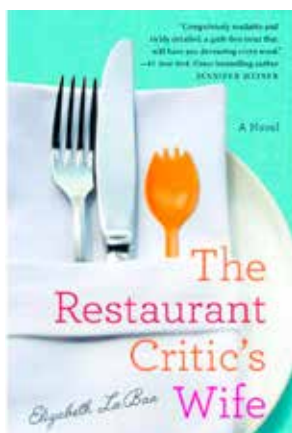
Kitchen Stories

A must-have app for home cooks, which calls itself a video and photo cookbook. It has a range of new recipes available every week, all of which are free. With Kitchen Stories, high-resolution videos, step-by-step images, practical kitchen tips and informative food articles transform cooking into a unique, personal experience by making it easily accessible and providing a global platform for everyone to connect with one another. The Kitchen Stories community allows you to connect with food lovers and hobby chefs all over the world, no matter your skill level.



CULINAREADS

The Restaurant Critic's Wife by Elizabeth LaBan (January 5, 2016)



Lila Soto has a master's degree that's gathering dust, a work-obsessed husband, two kids, and lots of questions about how exactly she ended up here. In their new city of Philadelphia, Lila's husband, Sam, takes his job as a restaurant critic a little too seriously. To protect his professional credibility, he's determined to remain anonymous. Soon his

preoccupation with anonymity takes over their lives as he tries to limit the family's contact with anyone who might have ties to the foodie world. Meanwhile, Lila craves adult conversation and some relief from the constraints of her homemaker role. With her patience wearing thin, she begins to question everything: her decision to get pregnant again, her break from her career, her marriage—even if leaving her ex-boyfriend was the right thing to do. As Sam becomes more and more fixated on keeping his identity secret, Lila begins to wonder if her own identity has completely disappeared—and what it will take to get it back. Priced at Dhs130 on www.desertcart.com.

**A RECIPE HAS NO SOUL. YOU,
AS THE COOK, MUST BRING SOUL
TO THE RECIPE.**

— Thomas Keller

Go-to-gadgets

Get nutrition on the go with Kenwood's new Blend Xtract range, which has just launched in the UAE. Ideal for health-conscious individuals with limited time in the mornings, the Blend Xtract is easy to use and allows you to prepare everything from smoothies, drinks, soups and dips to fuel your body in just seconds. With two blending speeds plus a pulse function, Blend Xtract can blend, crush, chop, grind and mix any ingredient in no time, allowing you to be in control of consistency. What's best is that the nutrition extractor blades fit directly onto the 2Go cup so you can extract and drink from the same cup saving you time and mess. The range comes in three sizes and start at Dhs149 to Dhs195. Available at Jashanmal stores.



#TRENDING

Sweet potato toast

Yes, you read correctly. The latest trending food hack to take over screens of Instagrammers worldwide is toast made from slices of sweet potato. This trend is not only winning with the gluten-free tribe, but with everyone looking to eat healthier and squeeze in an extra serving of veggies. To make, simply peel a sweet potato into thin slices of about 3/4 of a centimetre in width – like a slice of bread. Pop it in the toaster and allow to cook. You may need to repeat two or three times until the slice is golden brown (around 8 minutes' cook time). It should be tender but not mushy. Serve with toppings like avocado, Nutella and strawberries, nut butter – or pretty much anything you'd put on your normal toast. #sweetpotatotoast
Priced at Dhs130 on www.desertcart.com.



Top product picks



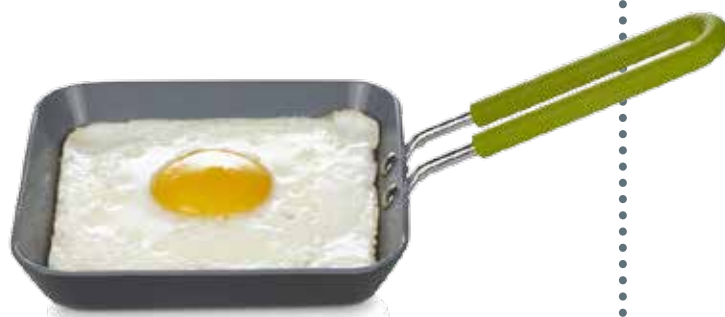
These rectangle plates from RICE are gorgeous and perfect for the summer – they really bring the outdoors, indoors! Priced at Dhs57.50 per plate. Available at The Change Initiative, The Urban Yogi, Pantry Cafe & Dari Home.

SUPERFOOD HERO



From the Arctic to the Desert, Berryfect, a premium berry powder, has arrived in the UAE. Basically, they are wildberries from Finland, grown under the Northern Lights and the midnight sun in wild forests (very cool!). The Berryfect powders come from whole juicy Bilberries – a berry that is four times richer in flavonoids and three times higher in anthocyanins than the blueberry. Research suggests that flavonoids and anthocyanins may play important roles in helping reduce the risk of cardiovascular disease, cognitive decline, and cancer. They also act as powerful antioxidants, which are well-known for their anti-ageing and immune system benefits. Containing high amounts of vitamins, minerals, flavonoids, omega-3 and omega-6 fatty acids as well as nutritional fibre, Berryfect powder comes in individual sachets which can be added to shakes, smoothies, porridge, dressings, dips and in baking. Amazingly, just one 3g serving is the equivalent of 30g of fresh berries. To purchase, visit: www.bilberry.ae.

This cool coffee gadget from Coffee Planet called the 'Drip', is a simple and extremely cleanly way to extract a coffee's best qualities. The pour-over method is easy to get to grips with and produces a complex by delicate cup of coffee. Available from www.coffeeplanet.com.



We're loving this Greenpan® Square Mini Frying Pan – it's the perfect shape for making eggs, egg or fried bread and more. It heats up quickly and evenly and has an ultra-durable Thermolon Marathon non-stick, ceramic coating, so you need less oil and it's easy to clean too. Priced at Dhs95 from Lakeland.



 @izakayawasabigirl

Sushi-tini

Enjoy delicious sushi platters in an exciting and vibrant setting at Izakaya. Choose between five individually crafted beverages.

AED 98 per person
for a sushi platter and
two beverages

Every Wednesday

Tanjoubi Special

Gather for celebrations in true Japanese style in a private Tatami room with a special sushi menu and a selection of beverages. Advance booking required.

AED 1800 for six people
for two hours including soft
beverages

AED 2200 for six people
for two hours including house
beverages

Mi-So Hungry, Let's Sushilize!

Experience the quirky enthusiasm of Wasabi Girl, as she prepares fresh wasabi at your table and reads your fortune. Learn and sample different types of Japanese specialty beverages in Izakaya's social setting.

Daily

5 UPDATES

Homemade flavoured popcorn

On top of a cheesecake or served as a snack with wine, popcorn is back in a big way. Impress your friends with our new must-try flavours.

Dark chocolate, olive oil & sea salt popcorn

Pop your kernels in **olive oil**. Melt **dark chocolate**, then stir in some olive oil to taste. Drizzle the chocolate over the popcorn and sprinkle with **flaky sea salt**.

Curried popcorn

Start the popcorn off in **oil** and **butter**. While the popcorn is warm, mix in **curry powder** to taste and season with salt.

Fennel seed & chilli popcorn

Use **chilli oil** to pop your kernels. While it is warm, stir in **fennel seeds** to taste and season with salt. If you like a spicy kick, sprinkle over a few extra **chilli flakes**.

Matcha popcorn

Fry the kernels in a **flavourless oil** like sunflower oil. Mix together **matcha powder** and **icing sugar** to the sweetness you like it, then shake the popcorn in the matcha sugar.

Banoffee popcorn

Pop your kernels in a mixture of **oil** and **butter**. Crush some **banana chips**, then stir through the popcorn with some **dulce de leche**.



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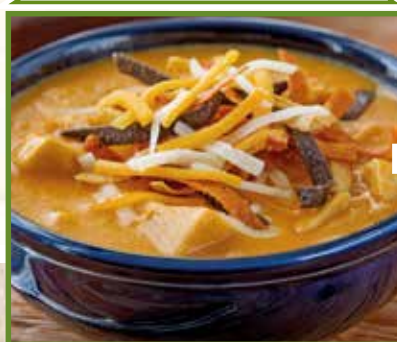


RAMADAN GATHERS US ALL

BREAKING THE FAST AT **CHILI'S** FOR AED 99 ONLY

PICK A STARTER, SHARE A MAIN COURSE AND
ENJOY A DESSERT

PICK



SHARE



ENJOY



Inclusive of apricot juice and a bottle of water

This offer is not in conjunction with any other promotions/discounts

ASK THE EXPERTS



Sally Prosser

Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

Q Before launching a blog destined for success, what are the key fundamentals to cover?

You can set up a blog in less than 15 minutes, but be sure you are passionate and 100% committed to maintaining it. As well as beautiful images, engaging writing, a professional looking layout and posts that resonate with your audience, you'll have to master a raft of social media to be heard. If money is your goal then there are far easier ways to make a living than building an audience, building a platform, gaining trust, building respect, earning credibility. This all takes time and commitment. You have to love every minute of it.

Find a niche or unique viewpoint. Choose your area of interest and put your own personal twist on it.

Tips about the things you 'must do' to build a successful blog has led to many that all feel the same. Interpret the advice wisely, adapt and follow your own path.

Stay true to your authentic voice. That's what a blog is at the end of the day. Your bit of the Internet that's unique to you.

Build a genuine following. Don't try tricks, apps or covert services to drive traffic or followers. You can't fool Google in the long run.

You don't need to have an audience of millions to monetise your blog. A smaller, loyal, targeted audience who eagerly anticipate your every post is very valuable.

Be confident in the value that you are delivering and the differences you are trying to make in people's lives. Keep a generous heart and open mind and engage with the fantastic community that's out there.

Recommended resources: Food Blogger Pro, Secret Bloggers Business and Pro Blogger.

Have fun, follow your heart as well as your head and come and say hello on Mycustardpie.com



Q How can we keep the children occupied in the kitchen over the school holidays?

The kitchen is a great place to entertain you kids, or even a group of them.

For supervised fun, put few spices and herbs in small bowls and let the kids play a guessing game. The same works with recognising different types of veggies, when cut or whole. This activity is not only educational, but fun too.

Baking is usually favourite with kids, but can be dangerous due to the hot trays and oven. I recommend to let children prepare few no bake treats – like fruit tarts and raw cookies.

One that is always a hit for all ages is making an edible play dough – marzipan. It might be more expensive than buying a ready-made, but at least, you know exactly what's going in and it's easy and fun for the kids to make. The recipe is simple: 1 1/2 cup almond flour, 1 egg white (can be replaced with water or bought pasteurised egg white) and 1 1/2 cup icing sugar. You can also add 2tsp of almond extract and 1tsp of rose water for more traditional taste. Blitz it in food processor and let it rest briefly in the fridge. You can add colours to the dough too – for mess free version blend colouring and dough in food processor. You can make any shapes you like and once you get bored of it, just eat it!

Even without a special game, the time you spend with your children in the kitchen simply prepping your family meal will be precious and they'll always remember it. Happy cooking!



Tomas Reger

Award-winning freelance chef and food consultant behind successful projects such as Intersect by Lexus Dubai, Le Sushi Bar Beirut, Junkyard Beirut and the Bloomie's Kitchen Cooking Demo Series.

ASK THE EXPERTS



Darren Velvick

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.



Q What's your take on keeping children entertained around the dinner table?

For me eating out with the family is a great time to catch up, it provides the opportunity to bond, plan, connect, and learn from one another. It's a chance to share information and news of the day. Regardless if you're eating at home or in a restaurant I think it's important to encourage the whole family to be around the table, so that children understand the importance of eating with no distractions and communicating. Eating out in restaurants is the perfect opportunity to display appropriate table manners, meal etiquette, and social skills – it's also where I like to encourage the kids to try new items of food. I recently read an article that it can take 8-10 exposures to a new food before it is accepted, so if you're a parent, be patient. I also think it's important for a child's diet to include foods from other cultures and countries – so try and venture from the chicken nugget or pizza route. For me, eating out with the family is entertainment; it doesn't have to be a stressful experience. There are lots of other opportunities to entertain children in the day, however if you allow children to play with gadgets or get up at meal time then this encourages them to believe that they require 'entertaining' at all meal times, which I feel is wrong – the main focus should be on family and the understanding of quality food. All too often today you see mums and dads on their phones and children using gadgets, with no one communicating, which is sad. It's time we establish traditions that'll lead to great memories as a family eating out together.

Q Where would you recommend shopping to find great fresh produce in the area? I'm trying to eat healthier but I'm struggling to find appetising ingredients.

When starting to incorporate healthy eating into your lifestyle the best place to start is stocking up on fresh produce. This should be the base of every meal and snack throughout your day.

The fruit and vegetable markets are a great place to start. They offer the freshest produce every day and picking your own means you can select each item that is ripened to your liking! You will find the market produce is also seasonal and locally grown which means it hasn't travelled far further guaranteeing its freshness.

I have a great company called Fresh Culture deliver my fruit and vegetables straight to my door every week. I have now been using their services every week for the past 6 months. The produce is always great quality, awesome prices and the delivery staff are super friendly, which for me makes all the difference for me!

I head to the markets for my fresh seafood (Deirah Corniche Road, Souq Al Bahar 4 Fish in Umm Suqeim 1 and Jumeirah 1). As for meats Spinneys offer a great selection from New Zealand. I buy the Tegal free-range chicken and the grass-fed beef. There are also great services that offer high quality meats in a bulk. If you are a large family or have extra freezer space, then I'd highly recommend you try these companies: Spring Bok Butchery, Firstlight Foods Abu Dhabi.



Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.



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Middle East

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Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

➤ LaLuz, DIFC

Located below the Four Seasons DIFC hotel, LaLuz is a new restaurant serving Mediterranean and Catalan cuisine. The venue features both a dining room, plus lounge and bar area, providing the perfect place for meeting friends or family to enjoy a gourmet experience, or chilled out drinks. Drawing inspiration from the relaxed energy of Barcelona, LaLuz's menu features dishes like chicken pallard with vegetables, or catch of the day 'caldereta style'. Call 04-3597777.

➤ Miss Lily's, Sheraton Grand Hotel

Miss Lily's, a Caribbean-inspired restaurant with two locations in New York City, will open its first international outpost in Dubai this month. A beach shack-meets-Jamaican diner, this casual restaurant aims to transport guests to the Caribbean with a modern approach to classic island cooking, friendly staff, a vibrant atmosphere, and old-school reggae music. Menu highlights include jerk chicken, jerk corn grilled with toasted coconut and jerk mayo, pimento short ribs and more. Contact reservations@misslilysdxb.com.

➤ Muchachas Mexican Cantina, near Safa Park

The latest offering from Bull&Roo – the people behind Tom&Serg, THE SUM OF US, Common Grounds and Brunswick Sports Club, will be opening in Dubai this month. Putting a modern twist on contemporary Mexican, the food promises to be fast, powerful, crunchy, zingy, zesty, salty, sweet, and made for sharing. Paired with an exciting and exuberant drinks menu. See www.muchachas.com.

➤ Shakespeare and Co., Dalma Mall, Abu Dhabi

Expanding their footprint in the UAE, Shakespeare and Co. has opened a new branch at the Dalma Mall, representing their 10th outlet in the Emirate. Inside the new café/restaurant expect to find a diverse menu comprising all-day breakfast, lunch and dinner, providing a culinary journey spanning the Americas, Europe and the Middle East. Dishes include the classic French toast, traditional saj and crepes, and contemporary creations such as quinoa salad and grilled baby chicken. See www.shakespeare-and-co.com.

LaLuz, DIFC

Text by SOPHIE MCCARTHY. Photographs SUPPLIED

➤ Brothaus Bakery, Steigenberger Hotel Business Bay

Bringing European food with flair to Business Bay in Dubai, the Brothaus Bakery opens on June 4th and will be serving up mouthwatering German break – for both dine-in and take-away. The restaurant, which will open daily for breakfast from 7:30am until after dinner at 11:00pm, the eatery is ideal for breakfasts, nutritious salads, hot dishes, health-conscious plates and fresh, crusty bread. Dishes will include the likes of Brothaus' signature eggs benedict "Our Style" – served on toasted onion bread with tender braised beef cheeks and a sweet hollandaise sauce, croque madame, tenderloin steak sandwich, creamy baked Camembert and more. Throughout the month of June, Brothaus is offering a 25% discount off the final bill, along with free coffee for tables up to 4 people. Call 04-3690000.



➤ Comptoir 102, Beach Road, Jumeirah 1

To ensure you are ready for the beach and rocking that beautiful summer glow, the Comptoir 102 team has created a special summer inspired menu. Fresh flavours such as the watermelon salad, zucchini al pesto and quinoa and chickpeas salad will boost your energy and get you through those long summer days while lighter options such as the cucumber and pineapple cold soup and the popular, slim juice, are full of taste and low in calories. Call 04-3854555.



➤ Talk & Soul, Mövenpick Hotel Jumeirah Beach

Brunch is back at Talk & Soul, where you can choose from the intimate setting of the Soul restaurant, with its indoor and al fresco seating; or the fun, family-oriented atmosphere of The Talk restaurant, with a separate kids' corner. With a range of live cooking stations, you can sample everything from fresh sushi and seafood, to grilled marinated meat at the rotisserie, and sumptuous dishes from the tandoori oven, and Italian delicacies from the pizza oven and pasta station. The brunch happens every Friday from 12.30pm to 4.00pm for Dhs289 per person, including soft beverages, and Dhs389 per person, including selected beverage package (free-flowing house wines, house sparkling, house spirits and house beers). An à la carte menu for bubbles is also available. Kids 12 years old and under dine for free. Call 04-4498888.



➤ Mercato, DIFC

A homegrown brand by Skelmore Hospitality, Mercato recreates the Italian marketplace right here in Dubai. Inspired by the true Italian heritage, and recipes from their childhood, the team has developed a concept that offers high-quality, fresh ingredients, with a concept and service style that is quick and accessible. Head chef, Alessandro says: "Creating food at Mercato is like entertaining family and friends in my home. Every recipe is tried and tested, and is like giving everyone a piece of my Italy. We've selected only the freshest, most authentic ingredients for our dishes, and if I closed my eyes the tastes take me back to being at my nonna's kitchen table." Mercato is located at Gate Village Building No. 1 DIFC Dubai and can be found across social media platforms @mercatoae.

➤ Loca, Dubai Marine Beach Resort

For the brunch bargain fans, here's one not to miss. The Mexican restaurant and bar, Loca has revolutionised its brunch package, meaning that the new brunch deal is one hour longer than the previous brunch and Dhs80 cheaper. The new five-hour brunch marathon starts at 12pm and ends at 5pm and is being held at both Loca and Loca 2.0 (in Souk Al Bahar and Dubai Marine Beach Resort). Beverages on offer include house spirits, bottled and draught beer, wine, fresh fruit margaritas and cocktails and all the same delicious Loca fare will be served – including the brand new 'Make Your Own' Taco Takeover too. Call 04-3461111.

➤ Scape Restaurant & Bar, Burj Al Arab Terrace

Set overlooking the Gulf, the newly opened Burj Al Arab Terrace has unveiled a new dining venue. Scape Restaurant & Bar offers a Californian fusion style menu, with indoor and outdoor seating for lunch and dinner. Signature plates include hamachi crudo, with ponzu, pistachio together with citrus zest, shallot rings and olives; scallop tiradito with tiger milk, apple and red radish; and slow roasted wagyu short ribs with pomelo, candied peanut, Swiss chard and pave potato. Inside the restaurant a palette of earth tones and clean, sharp whites, highlight the contrasting colours of nature. A handmade, contemporary glass light installation was commissioned to reflect forest leaves. Booking is required for all guests including hotel guests, Burj Al Arab members, and non-hotel guests via Burj Al Arab Restaurants Reservations. Call 04-3017600.





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Tried & *tasted*

Each month, we review two of the city's top tables.

Newly opened



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.



WHERE: Cocktail Kitchen, Armada Bluebay Hotel, JLT

WHAT'S IT LIKE: If you're looking for a no dress code, unpretentious dining affair paired with delectable cocktails, a cool playlist and a buzzing social ambiance, Cocktail Kitchen is the place to be. It boasts an urban yet chic atmosphere that instantly puts you at ease and in the mood for a good time – no matter your age. With such impressive bar space and an enticing drinks menu, I feared

that the food at 'Cocktail' Kitchen would take a backseat – but it most definitely didn't. Brilliantly complementing the experience, the Mediterranean-inspired food menu is designed perfectly for sharing. Whether you're looking for a full meal or simply some grazing plates for picking at over drinks, the kitchen offers both. With so many tempting, season-friendly dishes to choose from, my family and I shared a few. To start, must-try options for me include the gorgeous beef carpaccio (pictured), served with

a mouthwatering vermouth emulsion and balsamic dressing (I could have eaten two plates to myself!), and the butternut textures, an interesting dish with a fantastic cinnamon hint. For mains, the Jospier steak was wonderfully tender, while the duck with pumpkin and orange purée, radicchio and spiced jus was simply mouthwatering and satisfying. For those with a sweet tooth, don't miss the chocolate millefeuille – it melts in the mouth and leaves you in chocolatey heaven. I thoroughly enjoyed my

visit. There's no glitz and glam, just an easy-going crowd grazing on quality food and cocktails, having a great time – it's the type of place that could quite easily become your new local and is the ideal spot to pop by even for a refreshing spritz. My next visit will be to check out their 'Vinyl Brunch', which takes place every Friday!

IF YOU WANT TO GO:

Around Dhs200 per person for three-courses, excluding beverages. Call +971-56-8280727.

WHERE: R Trader, Al Fattan Currency House, DIFC

WHAT'S IT LIKE: Intriguing, interesting and unique, R Trader is most definitely one of a kind in Dubai. Inside, it's rather dark and mysterious – almost transporting you to an old English club from the 1920s era. We're told there's usually a swanky jazz band performing on a low-platform stage in the lounge, however, it's Ramadan so there's no music during our visit (I imagine this would transform the atmosphere drastically though). Launched by the same team as those behind 'The Scene', the restaurant's menu is made up of four sections: Raw, Sea, Birds and Beasts, plus Land. Slightly confusing, yet exciting at the same time, this menu has no rules. You can order to share, or not, and you can pick from any of the sections as there's no division between

what's a starter and what's a main. To start, my dining partner and I shared a beautifully presented butcher's cut tartar served with smoked chili and crispy arepa, plus melt in your mouth, hand dived scallops with grilled leeks and dill. Followed by my favourite dish of the evening, a clever combination of tender, Cantonese roasted duck, served with stuffed bao and pear, plus a dish of Angus beef rib, wrapped in an extremely flavoursome leaf of wild garlic and pickled plum butter. To finish – blue cheese lovers rejoice! The genius dessert of baked Roquefort cheesecake is unmissable. All in all, R Trader is a very elegant and suave experience, ideal for trying when you're fancying a little something different.

IF YOU WANT TO GO: Around Dhs300 per person for three-courses, excluding beverages. Call 04-3435518.



Photographs supplied



INGREDIENT OF THE MONTH

PEACH

Pronounce it: pee-ch



Best from late this month through to the end of September, peaches are sweet, juicy, fragrant and absolutely delicious – they are also wonderfully healthy, with a large peach containing less than 70 calories. Peaches come from a plant that belongs to the Rosaceae family, which is closely related to almonds, cherries and plums. They are a favourite of many, but at times difficult to find in prime condition. When you're looking for tasty, ripe peaches, these are the things you should be looking for: a fragrant, fruity aroma, and a blushed yellow colour around the stem. It should feel firm to touch, yet yield slightly when squeezed. If a peach is too hard or has bruising and mould, don't pick it. Slightly underripe peaches can be ripened at room temperature for a day or two. They should then be kept in the fridge in a perforated bag, where they'll keep for a couple of days. To consume, you can eat raw, as they are, or slice and add to fruit salads, pavlovas or trifles. Use to make tarts, or serve with vanilla ice cream or cream. Poach (10 minutes for whole; 4-5 for halves). Halve and roast (15-20 minutes). If you are not going to eat cut peaches straight away, brush the cut sides with lemon juice or acidulated water to prevent them going brown.



LET US KNOW: Where do you find your peaches in the UAE?



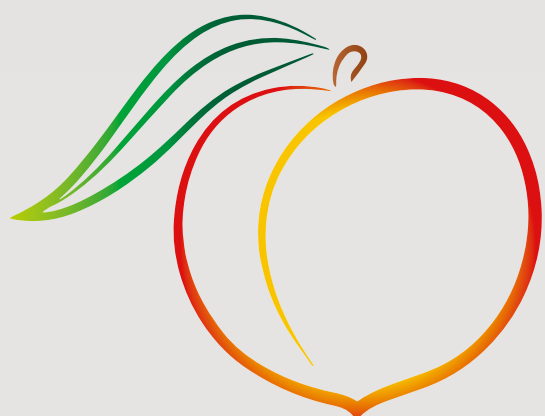
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Make it easy

Quick midweek recipes that won't use every pan in your cupboard

recipes CHELSIE COLLINS

photographs MIKE ENGLISH

Prawn & pak choi stir-fry

SERVES 2 **PREP** 5 mins

COOK 6 mins **EASY**

2 tbsp sesame oil
100g mangetout
1 carrot, finely sliced
200g pak choi, washed and sliced
2 spring onions, sliced on the diagonal
300g straight-to-wok egg noodles
150g cooked king prawns
2 tbsp soy sauce, plus extra to serve (optional)
1 tbsp sesame seeds, toasted
1 red chilli, sliced, to serve (optional)

1 Heat 1 tbsp sesame oil in a large wok or frying pan over a medium-high heat and toss in the mangetout and carrot. Cook for a few mins until starting to soften and brown, then add the pak choi and spring onions. Add the noodles and prawns, use tongs to combine, and warm through.

2 Pour in the soy sauce and remaining sesame oil, and toss to coat. Just before serving, scatter over the sesame seeds and chilli. Serve with extra soy sauce, if you like.

BENEFITS low cal • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 484 kcals • fat 20g • saturates 3g • carbs 48g • sugars 9g • fibre 7g • protein 25g • salt 3.6g

Supper for two
Dhs23 per serving





4 of your 5-a-day
Dhs19 per serving

Roasted beetroot & goat's cheese salad

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

250g cooked beetroot, cut into wedges
4 tbsp olive oil
3 tbsp balsamic vinegar
200g green beans, trimmed
145g bag mixed leaves
½ cucumber, peeled into ribbons
100g goat's cheese round, halved horizontally
50g walnuts, roughly chopped

1 Heat oven to 200C/180C fan/gas 6 and put the beetroot in a roasting tin with 1 tbsp oil, 1 tbsp vinegar and plenty of seasoning. Roast for 8-10 mins until sticky. Meanwhile, bring a pan of salted water to the

boil, add the green beans, cook for 1 min, then drain. Toss in with the beetroot and roast for a further 5 mins.

2 Meanwhile, make the dressing by combining the remaining oil and vinegar in a small bowl, and season well. Put the mixed leaves and cucumber in a bowl and toss together with a little dressing.

3 Dip both cheese halves in the chopped walnuts so the tops are covered, then pop in the roasting tin with the beetroot and green beans for a few mins, to soften and toast the nuts.

4 Pile the salad onto plates and serve with the remaining dressing drizzled over the top.

BENEFITS vegetarian • calcium • folate • fibre • 4 of 5-a-day • gluten free

PER SERVING 672 kcs • fat 53g • saturates 14g • carbs 22g • sugars 20g • fibre 10g • protein 21g • salt 1.1g

One-dish dinner
Dhs20 per serving



Curried chicken & new potato traybake

SERVES 4 **PREP 15 mins** plus marinating **COOK 45 mins** **EASY**

8 chicken drumsticks
3 tbsp olive oil
1 tsp garlic paste
1 tsp ginger paste
1 tsp garam masala
1 tsp turmeric
150ml pot natural yogurt
500g new potatoes, halved
4 large tomatoes, roughly chopped
1 red onion, finely chopped
small pack coriander, roughly chopped

- 1 Put the drumsticks in a large bowl with 1 tbsp oil, the garlic, ginger, garam masala, turmeric and 2 tbsp yogurt. Toss together with your hands until coated. Leave to marinate for at least 30 mins (can be left in the fridge overnight). Heat oven to 180C/160C fan/gas 4.
- 2 Put the potatoes in a large roasting tin with the remaining oil and plenty of seasoning. Add the chicken drumsticks and bake for 40-45 mins until cooked and golden.
- 3 Scatter the tomatoes, onion,

coriander and some seasoning over the chicken and potatoes, with the remaining yogurt served on the side.

BENEFITS freezable • low cal • folate • vit c • 1 of 5-a-day • good for you • gluten free
PER SERVING 410 kcals • fat 18g • saturates 4g • carbs 28g • sugars 11g • fibre 5g • protein 30g • salt 0.4g



To freeze

Cool, then transfer leftovers to containers. Freeze for up to two months, defrost in the fridge and reheat well before eating.

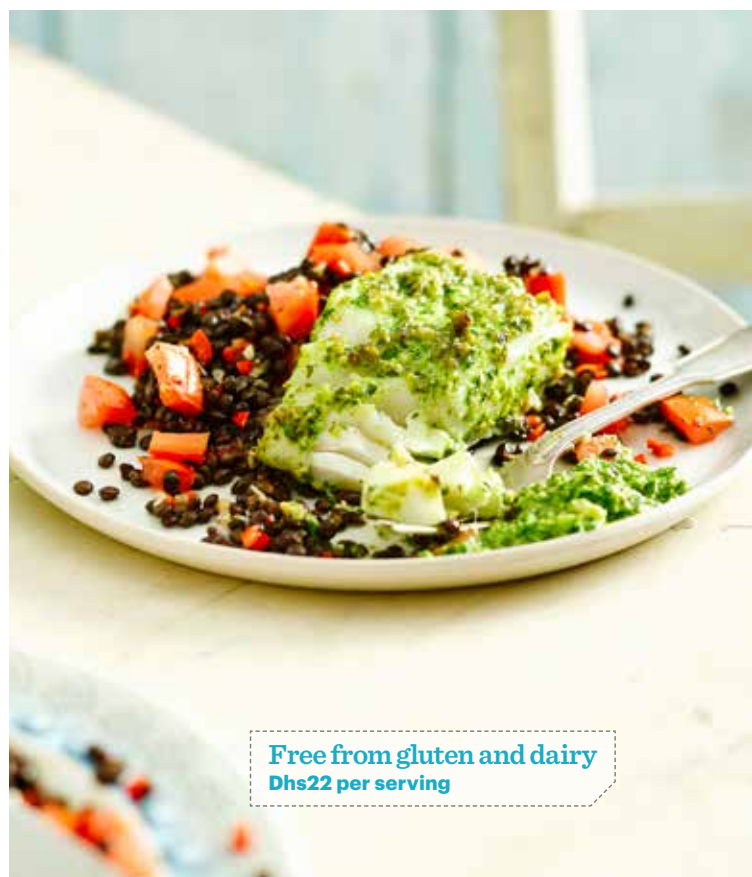
Pesto-crusted cod with Puy lentils

SERVES 2 **PREP 15 mins**
COOK 8-10 mins **EASY**

large pack basil, leaves only
4 garlic cloves, 2 whole, 2 crushed
25g pine nuts
1 lemon
50ml olive oil
2 cod fillets
2 red chillies, finely chopped
2 large tomatoes, roughly chopped
250g ready-to-eat Puy lentils

- 1 First, make the pesto. In a food processor, pulse the basil, whole garlic cloves, pine nuts, the juice of half the lemon and some seasoning, gradually adding most of the oil. Taste and adjust the seasoning.
- 2 Heat oven to 180C/160C fan/gas 4 and line a roasting tin with foil. Season the cod on both sides and coat each fillet in the pesto. Cook for 8-10 mins until a crust has formed and the cod is cooked through.
- 3 Meanwhile, heat the remaining oil in a small saucepan. Add the crushed garlic and the chillies, and cook for a couple of mins to release the flavour. Add the tomatoes and cook for 1 min more. Tip in the lentils, squeeze over the other half of the lemon, then season. Cook until piping hot and serve with the pesto cod.

BENEFITS fibre • vit c • iron • 2 of 5-a-day • good for you • gluten free
PER SERVING 672 kcals • fat 37g • saturates 5g • carbs 34g • sugars 7g • fibre 11g • protein 45g • salt 1.6g



Free from gluten and dairy
Dhs22 per serving

Herby burgers with fennel slaw

SERVES 4 **PREP 15 mins**

COOK 15 mins **EASY**

400g beef mince
1 small onion, grated
large pack parsley, leaves only, roughly chopped
1 tbsp olive oil
1 fennel bulb, finely sliced
2 spring onions, sliced
1 carrot, grated
2 tbsp mayonnaise
1 lemon, cut into 6 wedges
4 seeded buns

1 Combine the mince with the onion and half the parsley, then season. Shape into four burger patties about 8cm wide and 1cm deep. Heat a griddle pan over a high heat and brush each burger with the oil on both sides. When the pan is really hot, add the burgers and cook for 5 mins each side until charred and cooked through.

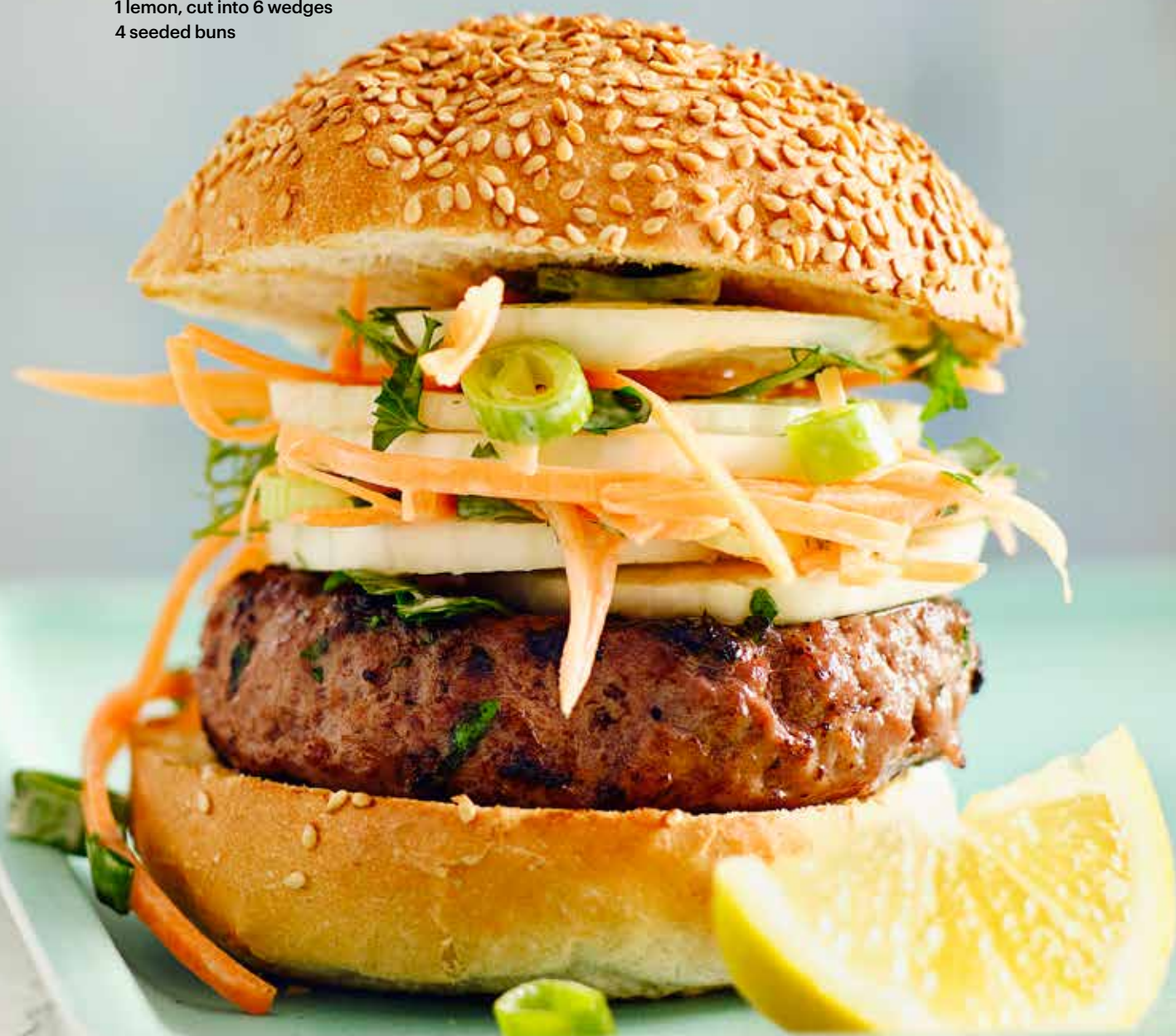
2 Meanwhile, prepare the slaw by combining the fennel, spring onions and carrot in a large bowl. Add the

mayo and remaining parsley, then squeeze over the juice of two lemon wedges. Season well and set aside.

3 Halve the buns and griddle for 1-2 mins until griddle lines appear. Put the burger in the bun, top with the fennel slaw and serve with a lemon wedge for squeezing over.

BENEFITS freezable (burgers only) • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 524 kcs • fat 33g • saturates 9g • carbs 27g • sugars 6g • fibre 6g • protein 26g • salt 0.8g



Ready in half an hour
Dhs24 per serving



Vegan meal for 2
Dhs18 per serving

Grilled aubergine tabbouleh

SERVES 2 PREP 15 mins
COOK 10 mins EASY

2 tbsp garlic-infused oil
1 large aubergine, diced
160g couscous
½ cucumber, diced
200g cherry tomatoes, halved
small pack mint, roughly chopped
small pack parsley, roughly chopped

For the dressing
juice 1 lemon
5 tbsp coconut yogurt
2 tbsp tahini
1 tbsp maple syrup

1 Heat the oil in a frying pan over a medium-high heat and add the aubergine. Cook for 10 mins until soft and cooked through.
2 Meanwhile, put the couscous in a large bowl and pour over 200ml boiling water. Cover with cling film and leave to stand for 5-6 mins. Combine all the ingredients for the dressing and season to taste.
3 When the couscous has absorbed all the water, fluff it up with a fork. Season and stir in the cucumber, tomatoes and herbs. Add half the dressing and toss to coat. Scatter over the aubergine and drizzle over the rest of the dressing to serve.

BENEFITS vegan • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • good for you
PER SERVING 630 kcal • fat 33g • saturates 10g • carbs 58g • sugars 18g • fibre 14g • protein 17g • salt 0.1g

Meatball gravy sub

SERVES 1 PREP 10 mins
COOK 35 mins EASY

1 tbsp olive oil
1 onion, ½ finely chopped, ½ sliced
1 garlic clove, crushed
250g pack beef mince
½ tbsp balsamic vinegar
100ml beef stock
1 tsp Worcestershire sauce
1 large ciabatta roll
2 slices mature cheddar
mixed leaves, to serve (optional)

1 Heat half the oil in a frying pan and add the finely chopped onion. Cook until softened and slightly browned, about 10 mins. Add the garlic and stir for 1 min. Set aside to cool a little. Put the mince in a large bowl and tip in the cooked onion and garlic. Season generously and mix together with your hands.

2 Roll the mince into eight meatballs, then freeze half for another meal, if you like (defrost in the fridge before cooking). Heat oven to 200C/180C fan/gas 6. In the same pan, fry the meatballs with the remaining oil for 1-2 mins until browned.

3 Transfer the meatballs to a roasting tin with the sliced onion, balsamic vinegar, stock and Worcestershire sauce. Bake for 20 mins until the meatballs are cooked and the onions are tender. Halve the ciabatta and bake for 2 mins to warm through.

4 Pour some of the gravy and onions onto one side of the ciabatta, add the meatballs and layer over the cheese. Add more onion gravy to melt the cheese. Serve with mixed leaves, if you like.

BENEFITS freezable (meatballs only) • 1 of 5-a-day
PER SERVING 751 kcal • fat 38g • saturates 14g • carbs 56g • sugars 11g • fibre 6g • protein 43g • salt 1.8g



Recipe for one
Dhs22 per serving

Storecupboard supper
Dhs17 per serving



Tuna & sundried tomato pasta bake

SERVES 6 PREP 10 mins
COOK 15 mins EASY

500g dried rigatoni (or any other short pasta)
2 x 400g cans chopped tomatoes
4 thyme sprigs, leaves only
300ml double cream
280g jar sundried tomatoes, drained and quartered
198g can no-added-salt sweetcorn, drained
3 x 120g cans tuna in spring water, drained
100g cheddar, grated
50g Parmesan, grated

1 Heat the grill to its highest setting and put a large saucepan of salted water on to boil. Tip in the pasta and cook for 1 min less than the pack suggests.

2 Meanwhile, make the sauce by simmering the tomatoes in a pan with a little seasoning and the thyme for about 5 mins. Pour in the cream, stir and simmer for another 4-5 mins.

3 Drain the pasta, reserving a little of the cooking water, and tip back into the saucepan. Pour over the creamy tomato sauce, the sundried tomatoes, sweetcorn and tuna. Layer into a baking dish (ours was 22 x 29cm), scattering over the grated cheddar between layers. Sprinkle the Parmesan on top and put under the grill for 5 mins until bubbling and golden.

BENEFITS freezable • calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 813 kcal • fat 38g • saturates 22g • carbs 78g • sugars 17g • fibre 9g • protein 33g • salt 1.0g

Crowd-pleaser
Dhs20 per serving



Peri-peri chicken pilaf

SERVES 4 PREP 20 mins
COOK 40 mins EASY

1 tbsp olive oil
pack of 6 chicken thighs, skinless and boneless, cut into large chunks
2 tbsp peri-peri seasoning
1 onion, finely chopped
2 garlic cloves, crushed
350g basmati rice
500ml hot chicken stock
3 peppers (any colour you like), sliced into strips
3 large tomatoes, deseeded and roughly chopped
small pack parsley, roughly chopped
2 red chillies, sliced (optional)
1/2 lemon, cut into wedges, to serve

1 Heat the oil in a large pan over a medium heat. Rub the chicken with 1 tbsp of the peri-peri and brown in the pan for 1 min each side until golden. Transfer to a plate and set aside.

2 Add the onion to the pan and cook on a gentle heat for 8-10 mins until soft. Add the garlic and remaining peri-peri, and give everything a stir. Tip in the rice and stir to coat.

3 Add the stock and return the chicken to the pan. Add the peppers and cover with a lid, then simmer gently for 25 mins until cooked. About 5 mins before the end of cooking, add the tomatoes.

4 Stir through the parsley, scatter over the chillies (if you like it spicy) and serve with lemon wedges.

BENEFITS freezable • low fat • folate • fibre • 3 of 5-a-day

PER SERVING 549 kcal • fat 10g • saturates 2g • carbs 81g • sugars 10g • fibre 7g • protein 20g • salt 3.4g

Quick peach Melba crumbles

SERVES 4 PREP 5 mins
COOK 5 mins EASY

410g can sliced peaches in syrup
1 tbsp butter
150g raspberries
100ml whipping cream
1/2 tbsp icing sugar
100g granola

Midweek pud –
ready in 10 minutes
Dhs17 per serving



1 Pour the can of peaches, with the syrup, into a small saucepan over a medium heat. Add the butter and simmer until the peaches are hot. Once simmering, add the raspberries and cook for 1-2 mins more until hot.

2 Meanwhile, put the cream in a large bowl with the icing sugar and whisk until lightly whipped.

3 Using a slotted spoon, put the peach Melba mixture into four serving dishes and top each with a sprinkling of granola and a dollop of cream.

BENEFITS 1 of 5-a-day

PER SERVING 377 kcal • fat 19g • saturates 9g • carbs 44g • sugars 37g • fibre 4g • protein 5g • salt 0.1g



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recipes CASSIE BEST *photographs* TOM REGISTER



Superfood scrambled eggs

SERVES 2 PREP 3 mins
COOK 7 mins EASY

2 tbsp pumpkin seeds
2 tsp rapeseed oil
100g spinach, roughly chopped
1 tomato, chopped
1 garlic clove, crushed
½ tsp turmeric
½ tsp curry powder
4 eggs, beaten
150g smoked salmon
toast, to serve (optional)

- 1 Tip the pumpkin seeds into a saucepan and toast over a high heat until they start to pop, then transfer to a plate.
- 2 Add the oil to the pan along with the spinach, tomato and garlic. Cook for 1-2 mins until the spinach has wilted, then



add the turmeric, curry powder and eggs. Scramble the eggs over a medium heat – take the pan off the heat before they look too dry. Serve with the salmon, on toast, if you like.

BENEFITS folate • vit c • iron • omega-3 •
1 of 5-a-day • gluten free
PER SERVING 409 kcals • fat 26g •
saturates 5g • carbs 5g • sugars 2g •
fibre 2g • protein 38g • salt 2.0g

Sunshine smoothie

SERVES 3 PREP 5 mins
NO COOK

500ml carrot juice, chilled
200g pineapple (fresh or canned)
2 bananas, broken into chunks
small piece ginger, peeled
20g cashew nuts
juice 1 lime



Put the ingredients in a blender and whizz until smooth. Drink straight away or pour into a bottle to drink on the go. *Will keep in the fridge for a day.*

BENEFITS vegan • low fat • 2 of 5-a-day •
gluten free
PER SERVING 171 kcals • fat 4g • saturates 1g •
carbs 30g • sugars 27g • fibre 3g • protein 3g •
salt 0.2g

Black Forest Bircher

SERVES 4 PREP 10 mins
NO COOK

2 small pears, grated
10 tbsp (60g) rolled oats
1 tbsp cacao or cocoa powder
200g Greek yogurt, plus 4 tbsp
5 tbsp milk
1 tbsp maple syrup or honey,
plus extra to serve (optional)
200g cherries, halved and pitted
2 squares of dark chocolate

- 1 Combine the pears, oats, cacao, yogurt, milk and maple syrup in a bowl. Divide between four bowls (or containers if you're taking it to work).
- 2 Top each serving with some cherries, 1 tbsp yogurt and a little extra maple syrup, if you



like. Finely grate the chocolate over the Bircher, giving each serving a light dusting. *Eat straight away or chill in the fridge for up to 2 days.*

BENEFITS vegetarian • fibre • 1 of 5-a-day
PER SERVING 413 kcals • fat 18g •
saturates 10g • carbs 46g • sugars 23g •
fibre 7g • protein 14g • salt 0.2g

Easy huevos rancheros

SERVES 1 PREP 3 mins
COOK 7 mins EASY

1 tbsp vegetable or sunflower oil
1 corn tortilla wrap
1 egg
200g can black beans, drained
juice ½ lime
½ ripe avocado, peeled and sliced
50g feta, crumbled
hot chilli sauce (we like sriracha)



- 1 Heat the oil in a frying pan over a high heat. Add the tortilla and fry for 1-2 mins on each side until crisping at the edges. Transfer to a plate.
- 2 Crack the egg into the pan and cook to your liking. Meanwhile, tip the beans into a bowl, season and add a squeeze of lime, then lightly mash with a fork.

3 Spread the beans over the tortilla, top with the egg, avocado, feta and chilli sauce. Squeeze over a little more lime juice just before eating.

BENEFITS vegetarian • calcium • fibre •
2 of 5-a-day
PER SERVING 682 kcals • fat 46g •
saturates 13g • carbs 32g • sugars 1g •
fibre 13g • protein 27g • salt 2.1g

gf

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DINNER DASH

Salmon suppers

Simple ideas for fish fillets, all ready in 10 minutes or less

recipes SOPHIE GODWIN photographs MIKE ENGLISH

Blackened salmon fajitas

SERVES 4

Coat the salmon in 1 tbsp oil and the fajita spice mix. Add 1 tbsp oil to a frying pan and fry for 8 mins until blackened.

Mash the avocados with a fork, season and squeeze over the juice of 1 lime. Serve the salmon in large flakes with the tortillas, avocado, salsa and the other lime, cut into wedges.



4 salmon fillets



1 fajita kit



2 avocados



2 limes



BENEFITS fibre • omega-3 • 1 of 5-a-day
PER SERVING 759 kcal • fat 45g •
 saturates 10g • carbs 46g • sugars 8g •
 fibre 7g • protein 39g • salt 2.0g

Salmon & spinach pasta

SERVES 2

Cook the pasta following pack instructions. Fry the salmon for 4-6 mins with the tomatoes in their oil. Flake the fish in the pan, then add the drained pasta and the spinach. Stir for 1-2 mins until the spinach is wilted and everything is coated.



200g penne



2 skinless salmon fillets



60g sundried tomatoes



80g bag spinach



BENEFITS folate • fibre • iron • omega-3 •
 1 of 5-a-day • good for you
PER SERVING 811 kcal • fat 24g • saturates 4g •
 carbs 96g • sugars 14g • fibre 10g •
 protein 48g • salt 0.4g

Citrus salmon salad

SERVES 2

Heat oven to 200C/180C fan/gas 6 and roast the salmon for 8 mins. Meanwhile, segment the grapefruit and mix the juices with 2 tbsp extra virgin olive oil to make a dressing.

Toss the watercress with the grapefruit segments, dressing and feta, and serve with the salmon, flaked into large pieces.



2 salmon fillets



1 large grapefruit



100g bag watercress



½ pack feta



BENEFITS calcium • folate • vit c • omega-3 •
 2 of 5-a-day • gluten free
PER SERVING 570 kcal • fat 43g •
 saturates 12g • carbs 6g • sugars 6g •
 fibre 3g • protein 39g • salt 1.5g

HEALTHY DIET PLAN

Good-for-you supper

Whether you're following a healthy diet plan or just fancy a lighter dinner, these sticky skewers taste as good as they look

recipe JUSTINE PATTISON *photograph* DAVID MUNNS

Zingy teriyaki beef skewers

SERVES 2 **PREP** 20 mins plus marinating **COOK** 25 mins **EASY**

1 tbsp tamari or soy sauce
3 tbsp freshly squeezed orange juice
15g chunk ginger, peeled and very finely grated
2 garlic cloves, crushed
1 tsp honey (preferably raw)
¼ tsp chilli flakes
300g beef sirloin steak, trimmed of hard fat and cut into long, thin strips

For the salad

100g long-grain brown rice
⅓ cucumber, cut into small cubes
2 medium carrots, peeled and sliced into ribbons with a peeler
4 spring onions, trimmed and diagonally sliced
100g radishes, trimmed and sliced
20g coriander, leaves roughly chopped, plus extra to garnish
10g mint leaves, plus extra to garnish
1 tbsp cold-pressed rapeseed oil
zest and juice 1 lime
25g unsalted cashew nuts, toasted and roughly chopped

1 Put the tamari, orange juice, ginger, garlic, honey and chilli flakes in a small saucepan with 100ml cold water and bring to the boil. Cook for 3-5 mins, boiling hard until well reduced, glossy and slightly syrupy. Remove from the heat, pour into a shallow dish and leave to cool.
2 Thread the beef onto 4 soaked wooden or metal skewers. Place in the marinade, turn and brush until well coated. Cover with cling film and marinate for 30 mins.
3 While the beef is marinating, prepare the salad. Half-fill a

medium pan with water and bring to the boil. Cook the rice for about 20 mins or following pack instructions until tender. Rinse in a sieve under running water until cold, then drain well. Tip into a large bowl.

4 Add the cucumber, carrots, spring onions, radishes, coriander, mint, oil, lime zest and juice, and toss well together well. Season with a little black pepper. Divide between two plates and top with a sprinkling of nuts and extra herbs to garnish.

5 Heat the grill to high. (You could

also cook the skewers on a non-stick griddle pan.) Put the skewers on a rack above a foil-lined baking tray, reserving any excess marinade. Grill the skewers close to the heat for 3-5 mins each side or until done to your liking. Brush with more marinade when they are turned. They should look sticky and glossy when cooked. Serve hot or cold with the rice salad.

BENEFITS folate • fibre • vit c • iron • 3 of 5-a-day • good for you

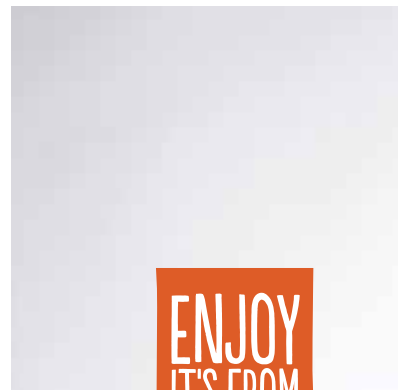
PER SERVING 563 kcs • fat 22g • saturates 6g • carbs 46g • sugars 16g • fibre 9g • protein 39g • salt 1.4g





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Tom's seasonal kitchen

The BBC chef creates brand-new
recipes using summer produce

recipes TOM KERRIDGE *photographs* PETER CASSIDY

What a cracking month for ingredients: gooseberries, cherries, runner beans and much more. Head to your local farmers' market or supermarket and pick out the best-quality fruit and veg you can find – my recipes will showcase their beautiful flavours wonderfully.



Marinated mackerel with green
olive & celery dressing, p42



Runner bean samosas

This recipe shows just how well runner beans work with spices.

SERVES 6 PREP 30 mins plus chilling
COOK 35 mins MORE EFFORT

1 small floury potato, peeled and halved
 60ml vegetable oil
 1 small onion, diced
 4 garlic cloves, grated
 1 tbsp mild curry powder
 200g runner beans, topped, tailed and sliced, plus extra to serve
 1 tbsp mango chutney
 ½ small pack coriander, roughly chopped
 6 sheets filo pastry
 natural yogurt mixed with chopped mint and lime, to serve

For the topping

1 tsp icing sugar
 1 tbsp mild curry powder
 1 tbsp onion seeds

1 Put the potato in a small saucepan, cover with cold water and bring to the boil. Simmer for 15 mins until completely cooked through, then mash and set aside.

2 Meanwhile, make the filling for the samosas. Heat a frying pan over a medium heat with 2 tsp of the oil and fry the onion for about 5 mins until starting to brown. Add the garlic, curry powder and beans, fry for 2 mins until they start to soften, then remove from the heat. Stir in the chutney, mashed potato and coriander, add a little seasoning and chill in the fridge for 15 mins.

3 Heat oven to 190C/170C fan/gas 5. To make the samosas, lay one filo sheet on a clean work surface. Brush the filo with a thin layer of oil, then fold in half lengthways with the short edge towards you. Keep the remaining pastry covered with a damp cloth so it doesn't dry out. Spoon a sixth of the cooled

filling at one end of the strip, and leave a 2cm border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Place on a baking tray lined with baking parchment. Repeat the process until all of the mix is used up.

4 Brush all the samosas with oil, then dust with icing sugar, curry powder and the onion seeds. Bake in the oven for 20 mins until deep golden brown, then serve with the flavoured yogurt and some chutney.

BENEFITS vegetarian

PER SERVING 275 kcals • fat 12g • saturates 1g • carbs 34g • sugars 5g • fibre 4g • protein 6g • salt 0.5g



Runner beans

June, the start of the runner season, means sweet, tender beans – fresh ones will be crisp and firm, and should snap when bent. To prep, top and tail with a knife, then peel down the seams to remove any fibrous strings.

Cherry soup with whipped mascarpone & caramelised almonds

SERVES 4 **PREP** 15 mins plus cooling
COOK 10 mins **EASY**

100ml red wine
100ml Prosecco
75g golden caster sugar
1 cinnamon stick
1 thyme sprig
2 vanilla pods, split and seeds
scraped out
600g cherries, pitted and cut in half
For the caramelised almonds
50g golden caster sugar
75g blanched roasted almonds
For the whipped mascarpone
100ml double cream
100g mascarpone
2 tbsp icing sugar

1 To make the poaching liquor, put the wine, Prosecco, sugar, cinnamon, thyme sprig and vanilla pods with seeds in a large saucepan. Bring to a simmer, then drop in the cherries. Simmer for 3 mins, then remove from the heat and leave to cool. *Can be prepared 2 days ahead and kept in the fridge.*

2 To make the caramelised nuts, tip the sugar and 25ml water into a saucepan. Heat gently without stirring until the sugar melts, then keep cooking until you have a golden caramel. Add the nuts to the pan, stir until they are coated in caramel, then tip onto a sheet of baking parchment and leave to cool. Once set, break the caramel into pieces.

3 While the cherries and almonds are cooling, whisk the cream, mascarpone and icing sugar in a bowl to stiff peaks, then set aside. When the soup is cool, remove the vanilla pods, cinnamon stick and thyme sprig, then ladle into dessert bowls. Top with a large spoon of mascarpone and caramelised nuts.

BENEFITS 1 of 5-a-day

PER SERVING 624 kcal • fat 35g • saturates 17g •
carbs 59g • sugars 58g • fibre 2g • protein 8g • salt 0.1g

gf

Cherries

Look for deep-red, plump, glossy cherries with fresh green stems. Ripe fruit should be firm but have a little give. If you don't have a cherry pitter, put the cherry into a piping nozzle and push a chopstick through the stem end to push the stone out.



Gooseberry & custard pies

SERVES 4 **PREP** 25 mins

COOK 50 mins **MORE EFFORT**

6 sheets filo pastry
50g butter, melted
2 tbsp golden caster sugar
vanilla ice cream, to serve (optional)

For the gooseberry compote

200g golden caster sugar
1 vanilla pod, split and seeds
scraped out
500g gooseberries, topped
and tailed

For the custard

300ml double cream
300ml full-fat milk

2 vanilla pods, split and seeds
scraped out
4 large egg yolks
50g golden caster sugar
20g plain flour
20g cornflour

1 First, make the compote. Put the sugar and vanilla pod with seeds in a saucepan with 3 tbsp water and bring to the boil. Try to gently swirl rather than stir. Drop in the gooseberries and simmer for 20 mins or until half the liquid has bubbled off. Divide between four small pie dishes and put in the fridge to cool while you make the custard.

2 Put the cream, milk and vanilla pods with seeds in a saucepan and bring just to the boil. Meanwhile, in a large bowl, whisk the egg yolks, sugar, flour and cornflour together. Pour the hot milk mixture over the egg mixture, whisking constantly. Rinse out the saucepan, then pour the custard mixture into the pan. Cook on a low heat, whisking, for 5-6 mins until thick. Pour through a sieve over a large jug and discard the vanilla pods, then pour the custard over the compote in the pie dishes. Leave to cool.

3 Heat oven to 180C/160C fan/gas 4. To make the pie lids, lay one sheet of the filo on the work surface and brush with the melted butter, then put another sheet on top. Repeat with the rest of the sheets. On the final layer, scatter over the sugar, then cut the pastry into four rectangles. Lightly scrunch each rectangle and place loosely on top of each pie dish. Bake the pies in the oven for 20 mins or until the pastry is golden and caramelised. Remove from the oven and serve.

BENEFITS calcium • fibre • vit c • 1 of 5-a-day

PER SERVING 1,157 kcal • fat 61g • saturates 35g •
carbs 134g • sugars 90g • fibre 6g • protein 14g •
salt 1.0g

gf

Gooseberries

Large, green, slightly underripe gooseberries tend to be the most tart and the best for cooking. At the end of summer, smaller purple varieties are sweet and can be eaten raw or lightly cooked. Top and tail them with kitchen scissors.



Veal chops with spinach & green pepper salsa

SERVES 2 **PREP** 15 mins plus at least 6 hrs marinating **COOK** 12 mins **EASY**

2 x 300g British rose veal chops
1 tsp smoked paprika
2 tbsp polenta

For the marinade

4 garlic cloves, sliced
zest ½ lemon
1 rosemary sprig, leaves picked
100ml olive oil

For the salsa

1 tsp vegetable oil
1 green pepper, finely diced
1 garlic clove, grated
75ml extra virgin olive oil
zest ½ lemon
75g washed baby spinach
1 green chilli, sliced

1 To marinate the veal chops, put the garlic, lemon zest, rosemary, olive oil and ½ tsp salt in a container large enough to fit the chops. Give the marinade a quick stir, then add the chops and spoon the marinade all over them. Cover with cling film and put in the fridge for at least 6 hrs or overnight.

2 To make the salsa, heat a heavy-based frying pan over a high heat. Add the vegetable oil and, once hot, throw in the peppers. Stir-fry to char the edges of the peppers, then sprinkle with salt and remove from the pan to cool. Next, add the garlic, olive oil, zest and spinach to a food processor, and pulse until you have a chunky paste. Pour into a bowl, add the green chilli and charred green pepper, then season a little.

3 To make the steak seasoning, mix the paprika and polenta with ½ tsp salt. Remove the chops from the marinade and wipe off any sliced garlic or herbs and excess oil. Sprinkle the seasoning over both sides of the chops.

4 Heat a griddle pan over a medium heat. Cook the chops for 3 mins until they have nice char marks, then rotate them 45 degrees and cook for 3 mins more so that the chops have 'crosshatched' marks. Turn the chops over and cook for 3 mins only on this side, then remove from the griddle and rest on a plate for 4 mins. Put the chops on serving plates and spoon over the salsa.

BENEFITS folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 938 kcs • fat 76g • saturates 17g •
carbs 14g • sugars 2g • fibre 3g • protein 48g • salt 2.0g



Spinach

Look for bright, crisp, green leaves. Pre-washed bags are ready to use but loose spinach will need a thorough wash. Baby spinach should be tender, but larger spinach leaves may have tougher stalks that need removing.



Mackerel

As an oily fish, mackerel spoils quickly. Try to buy it from a fishmonger on the day you are going to use it. Look for clear, bright eyes, firm bodies and pink or bright-red gills. Avoid mackerel with dull, wrinkled skin.

Marinated mackerel with green olive & celery dressing

Mackerel is undoubtedly a British superfood, but it can leave your kitchen full of pungent aromas. One way to avoid that is to lightly pickle it, as I've done here.

SERVES 4 **PREP** 10 mins plus 1 hr pickling and overnight marinating
COOK 5 mins **EASY**

2 mackerel, filleted and pin bones removed
1/2 tsp fennel seeds, toasted
150ml olive oil
3 banana shallots, sliced into rings
1 1/2 tbsp golden caster sugar
juice 1/2 lemon
150ml red wine vinegar
10 green olives, pitted and halved
2 celery sticks, thinly sliced at an angle
1 tsp chopped celery leaves
lemon wedges and crème fraîche, to serve

1 Lay the mackerel fillets, skin-side down, in a shallow dish, then sprinkle with the fennel seeds and 1 1/2 tbsp flaky salt, making sure you cover the fish evenly. Cover with cling film and put in the fridge for 1 hr, then remove, wash off the salt and fennel seeds, and pat the fish dry with kitchen paper.

2 Return the fish to the shallow dish, skin-side up, pour over the olive oil and scatter over the shallots. Put the sugar, lemon juice and vinegar in a small saucepan and bring to the

boil, then pour the hot liquid over the fish. Leave to cool, cover in cling film and put in the fridge to marinate overnight.

3 The next day, remove the fish from the fridge 1 hr before serving to bring it to room temperature, then transfer to a serving plate. Stir in the olives, celery and celery leaves. Leave for a few mins, then serve with lemon wedges and a couple of spoonfuls of crème fraîche.

BENEFITS omega-3 • gluten free
PER SERVING 638 kcals • fat 58g • saturates 10g • carbs 8g • sugars 8g • fibre 1g • protein 20g • salt 1.8g



Quick-fried runner beans with cheddar & hazelnuts

SERVES 2

PREP 5 mins **COOK** 3 mins **EASY**

In a hot wok or wide-based frying pan, heat **1 tbsp vegetable oil**. Once smoking, add **2 banana shallots**, finely sliced lengthways, **200g runner beans**, finely sliced, and stir-fry for 2 mins.

Add **1 garlic clove**, crushed, **1 tbsp hazelnut oil** and **40g hazelnuts**, toasted and chopped, and fry for a further 30 secs, then remove from the heat. Add **zest of 1/2 lemon**, a good twist of black pepper and **50g cheddar**, crumbled, and toss together. Serve as a tasty side.

BENEFITS vegetarian • calcium • folate • 1 of 5-a-day • gluten free
PER SERVING 382 kcals • fat 33g • saturates 7g • carbs 7g • sugars 7g • fibre 5g • protein 12g • salt 0.5g



Easy creamed spinach

SERVES 2
PREP 2 mins
COOK 6 mins **EASY**

In a large sauté pan, heat **1 tbsp butter** over a medium heat. Tip in **200g spinach** and wilt for 5 mins until all the liquid from the spinach has evaporated.

Add **75ml double cream** and **3 tbsp grated Parmesan** (or vegetarian alternative). Season well and add a little **nutmeg**, if you like. Serve as a delicious side to smoked haddock.

BENEFITS vegetarian • calcium • folate • 1 of 5-a-day • gluten free
PER SERVING 353 kcals • fat 34g • saturates 21g • carbs 1g • sugars 1g • fibre 1g • protein 11g • salt 0.6g



Cherry bruschetta

MAKES 12
PREP 5 mins
COOK 4 mins **EASY**

Heat the grill to its highest setting. Cut **1 loaf ciabatta** into 12 slices, then brush each slice on both sides, with a little **extra virgin olive oil**. Grill the bread for 2 mins each side.

Spread over **100g ricotta**. Pit and halve **12 cherries** and arrange them on top of the bruschetta with **80g prosciutto**. Drizzle over some more olive oil to serve.

PER BRUSCHETTA 118 kcals • fat 5g • saturates 1g • carbs 12g • sugars 2g • fibre 1g • protein 5g • salt 0.5g



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- Gooseberries

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- Nettles
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MODERN FAMILY Stealthy veg!

New ways to pack in fruit and veg – even fussy eaters will love these easy family suppers and summery treats

recipes GEORGINA FUGGLE *photographs* SAM STOWELL



Georgina Fuggle, a chef and food stylist, has two young sons, Jasper and Wilber. Her latest book is *Take One Veg* (Dhs95, Kyle Books), a collection of vegetarian recipes

Most parents will have days when their child refuses to eat the food that is put in front of them. I love creating good, nutritious meals, but often it seems that no matter how hard I try, my boys shy away from

the healthy fruit and veg I most want them to eat.

One of my solutions is to disguise it: a grated carrot, mashed squash or puréed apple hidden among familiar food results in maternal happiness, high-fives and a contented kitchen table. These recipes have been tried and tested on my crew – they were a hit. I hope they work for you too.

‘Hiding vegetables among familiar food results in *happiness all round*’

Creamy avo lollies

MAKES 13 x 50ml lollies **PREP 10 mins**
plus overnight freezing **NO COOK**

2 small ripe avocados, stoned and peeled
juice 2 limes
250ml natural yogurt
1 tsp vanilla extract
3 tbsp honey or agave syrup

Tip all the ingredients into a food processor and blitz until smooth. Taste and adjust the sweetness if necessary, then pour into lolly moulds and freeze overnight.

BENEFITS vegetarian · freezable · gluten free
PER LOLLY 60 kcals · fat 4g · saturates 1g · carbs 5g · sugars 5g · fibre 1g · protein 1g · salt none



Broccoli & potato croquettes

MAKES 12 **PREP 15 mins** plus freezing
COOK 30 mins **EASY**

400g floury potatoes, large ones
cut in half

150g broccoli, broken into florets

1 medium egg yolk

40g mature cheddar, grated

60g fresh breadcrumbs

For the crust

20g plain flour

2 medium eggs, beaten

100g sesame seeds

4 tbsp olive oil

For the dip

100g cream cheese

50g natural yogurt

1 tbsp chives, snipped

1-2 tbsp full-fat milk, if needed

1 Put the potatoes in a medium saucepan and just cover with cold water. Bring to the boil and simmer for 14-16 mins until completely cooked through. Drain and mash well, then put back in the saucepan over a low heat and cook for 1-2 mins, stirring constantly – this will remove excess moisture.

2 Meanwhile, bring a small saucepan of water to the boil, add the broccoli and simmer for 6-7 mins until tender. Drain really well and pat dry with kitchen paper (it's important to do this thoroughly as excess water will make the croquettes a little wet). Finely chop the broccoli, then add to the mashed potato with the egg yolk, cheese and breadcrumbs. Divide the mixture into 12 equal balls and roll each one into a short sausage shape. Chill for 10 mins in the freezer.

3 Meanwhile, make the dip. Put the cream cheese, yogurt and chives in a bowl and stir to a soft consistency, adding the milk if needed.

4 Put the flour, beaten eggs and sesame seeds in three separate bowls. Roll the croquettes in the flour, dip in the beaten egg, then roll in the sesame seeds.

5 Heat the oil in a large, non-stick frying pan and fry the croquettes on a low-medium heat for 4-5 mins, turning frequently for an even, golden colour. Drain on kitchen paper and serve with the cream cheese dip.

BENEFITS vegetarian • freezable

PER CROQUETTE 195 kcal • fat 13g •

saturates 4g • carbs 12g • sugars 1g •

fibre 2g • protein 6g • salt 0.2g





Beef & red pepper burgers

MAKES 6 **PREP** 30 mins

COOK 40 mins **EASY**

1 red pepper, cut into quarters
2 tbsp olive oil
400g lean steak mince
1 medium egg
1 carrot, coarsely grated
50g stale breadcrumbs
40g cheddar, finely sliced

To serve

6 floury rolls, halved
3 tbsp mayonnaise
1/4 cucumber, or 1-2 mini cucumbers, sliced

1 Heat oven to 200C/180C fan/gas 6. Put the pepper on a baking tray and rub with 1/2 tbsp oil. Roast in the oven for 25-30 mins, turning once halfway through. Remove and allow to cool slightly before finely chopping.

2 Tip the mince, roasted pepper, egg, carrot and breadcrumbs into a large bowl and mix well. Using your hands, shape the mixture into six equal burgers.

3 Heat the remaining oil in a large, heavy-based, non-stick frying pan over a medium heat. Fry the burgers for 5-6 mins each side until cooked through. Top with slices of cheddar. Spread the rolls with mayo, add the burgers and top with slices of cucumber.

BENEFITS

freezable
PER BURGER 199 kcs • fat 10g • saturates 4g •
carbs 9g • sugars 3g • fibre 1g • protein 18g • salt 0.4g



Sunshine lollies

MAKES 6 x 60ml lollies **PREP** 20 mins
plus overnight freezing **NO COOK**

5 large carrots
juice of 3 large oranges, zest of 1
1 satsuma, peeled then chopped
(optional)

Finely grate the carrots and place in the middle of a clean tea towel. Gather up the towel, and squeeze the carrot juice into a jug, discarding the pulp. Add the orange juice and top up with a little cold water if needed to make up 360ml liquid. Stir in the orange zest and satsuma pieces, if using. Pour into lolly moulds and freeze overnight.

BENEFITS vegan • freezable • gluten free
PER LOLLY 17 kcals • fat none • saturates none •
carbs 4g • sugars 4g • fibre none • protein none •
salt none

Tropical granola lollies

MAKES 8 x 75ml lollies
PREP 10 mins plus overnight freezing
COOK 10 mins **EASY**

2 large mangoes, peeled, destoned
and roughly chopped
2 large ripe bananas, peeled and
roughly chopped
8 tbsp coconut milk
100g granola
100g dark chocolate

1 Purée the mango, banana and coconut milk in a blender until rich and smooth. Pour the mixture into lolly moulds and freeze overnight.
2 The next day, whizz the granola slightly in a small food processor to remove any large lumps (or tip into a bowl and bash with the end of a rolling pin), then tip into a bowl.
3 Melt the chocolate in a heatproof bowl set over a pan of simmering water, making sure the base of the bowl isn't in contact with the water.
4 Remove the lollies from their moulds. Dip the tops one at a time in the chocolate, then into the granola. Place on a tray lined with baking parchment to set – they will set very quickly. Eat immediately or freeze until needed.

BENEFITS vegetarian • freezable • vit c • 1 of 5-a-day
PER LOLLY 223 kcals • fat 9g • saturates 5g • carbs 30g •
sugars 22g • fibre 4g • protein 3g • salt none



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Modern FOOD STARS

Delicious recipes made with skill

photographs MYLES NEW



‘Colourful *glazes and decorations* are à la mode’

Runway eclairs

Modern eclairs are all the rage in high-end patisseries this year: fresh cream has been replaced by flavoured fillings and colourful glazes and decorations are à la mode. These four new flavours and vogueish designs are bang up to date.

Recipe: Cassie Best

MAKES 20 PREP 1 hr 15 mins plus
3 hrs chilling **COOK** 50 mins

MORE OF A CHALLENGE

For the choux pastry

170g lightly salted butter, chopped
into small cubes

200g plain flour

5 medium eggs, beaten

For the crème pâtissière

300ml milk

150ml double cream

3 egg yolks

50g white caster sugar

3 tbsp cornflour

one of the flavourings from the
recipes opposite

You'll also need

disposable piping bags

1.5cm round piping nozzle

1 First, make the choux pastry. Put the butter in a saucepan with 450ml water. Sieve the flour into a large bowl and set aside. Bring the butter and water to a fast boil, simmer until the butter has melted, then tip in the flour and beat like mad with a wooden spoon until the mixture pulls away from the sides of the pan and is lump-free. Tip into the bowl and spread the thick paste up the sides a little to help it cool quickly, then leave for 10 mins.

2 Heat oven to 200C/180C fan/gas 6 and cut two pieces of baking parchment to fit two baking sheets. Using a ruler and pen, mark 10 lines about 12cm long over each piece, leaving plenty of space between the lines, then flip the parchment over. Fit a piping bag with a large round piping nozzle, about 1.5cm wide.

3 When the flour paste has cooled but is not cold, start adding the egg, bit by bit, beating well between each addition until you have a smooth batter which will reluctantly drop off the end of your spoon (you can do this in a freestanding mixer if you have one). You may not need to use all the egg, so add it slowly. Transfer to your piping bag and use a little of the mixture to stick the parchment to your trays.

4 Pipe the choux onto the baking sheet, using the lines as a guide. Pipe slowly so the eclairs aren't too skinny – each one should be about 2.5cm wide x 12cm long. Bake for 35-40 mins, swapping the trays around for the final 10 mins. The choux should be puffed, golden and sound hollow when tapped. You may wish to sacrifice one eclair to make sure the inside is completely dried out – if it's still moist, the eclairs will sink when cooling. Once baked, leave to cool completely. (*Can be made a day ahead and stored in an airtight container, reheat in the oven for 5-10 mins to crisp up before filling.*) Split each eclair through the middle with a serrated knife.

5 Now, make the crème pâtissière.

Pour the milk and cream into a saucepan. Heat until just simmering, then remove from the heat. Meanwhile, tip the egg yolks into a bowl and add the sugar and cornflour, whisking together until smooth. Pour over the milk mixture, mix, then pour back into the saucepan. Cook over a medium heat for 5-8 mins until the crème pâtissière thickens to a thick custard consistency. Sieve into a jug, cover the surface with cling film and chill for at least 3 hrs, or up to 3 days. See opposite to fill and glaze your eclairs.

On-trend flavours

Each of these fillings and glazes makes enough for one full batch of eclairs. Mix and match the flavours if you like, making half of two flavours, or a quarter of all four.



Raspberry & cardamom

Pick out **10 raspberries** from a **200g pack** and set aside. Press the remaining raspberries through a sieve into a large bowl, extracting as much juice as possible. Add **600g fondant icing sugar** and enough water to make a thick icing. Cover with cling film.

Transfer **200g raspberry jam** to a piping bag and pipe

a line along the bottom half of the split eclairs.

Pour **600ml double cream** into a bowl and add **4 tbsp icing sugar**. Remove the seeds from **10 cardamom pods**, pound them using a pestle and mortar, then tip into the cream. Beat with an electric hand whisk to stiff peaks. Fold through the crème pâtissière, then transfer to a piping bag. Pipe generous blobs over the base of each eclair.

Spread the glaze over the top of the eclairs (be careful as they will be delicate). Position the tops on the cream. After every four or five eclairs, decorate the tops while the icing is still wet. Halve the raspberries and put on one end of each eclair. Sprinkle over some **freeze-dried raspberry pieces** to finish.

PER ECLAIR 454 kcal • fat 26g • saturates 15g • carbs 50g • sugars 40g • fibre 1g • protein 5g • salt 0.3g



Lemon & passion fruit

Halve **4 very ripe passion fruits** (the skin should be dark purple and crinkly). Scoop the seeds into a sieve over a bowl, pushing through as much juice as possible.

Add **600g fondant icing sugar** and enough **lemon juice** to make a thick icing. Add enough **yellow food colouring** to create a vivid colour. Cover with cling film.

Transfer **200g passion fruit or lemon curd** to a piping bag and pipe a line along the bottom half of the eclairs.

Pour **600ml double cream** into a bowl, add the **zest of 1 lemon** and **4 tbsp icing sugar**. Beat with an electric hand whisk to stiff peaks. Fold the cream through the crème pâtissière, then transfer to a piping bag. Pipe generous blobs of cream over the base of each eclair to cover the curd.

Spread the glaze over the top of the eclairs (be careful as they will be delicate). Position the tops on the cream. Use an **edible gold shimmer spray** to give the glaze a shimmer and pipe a line on top using a **black food icing pen**.

PER ECLAIR 455 kcal • fat 26g • saturates 15g • carbs 50g • sugars 40g • fibre 1g • protein 4g • salt 0.3g



Salted caramel & popcorn

Mix **150g Carnation caramel** (from a 397g tin) with **600g fondant icing sugar**. Mix into a thick but drizzly icing, adding a splash of water if it's too thick. Cover with cling film.

Transfer another **200g Carnation caramel** to a piping bag and pipe a line

along the bottom half of the eclairs, then sprinkle over **a few sea salt flakes**.

Pour **600ml double cream** into a bowl with the remaining caramel and **2 tsp vanilla bean paste**. Beat with an electric hand whisk to thicken the cream to stiff peaks. Fold through the crème pâtissière, then transfer to a piping bag. Pipe generous blobs of cream over the base, then sprinkle over **50g chopped toffee popcorn**.

Spread the glaze carefully over the tops of the eclairs, then position on top of the cream. After every four or five eclairs, decorate the tops, while the icing is still wet, with **50g chopped toffee popcorn** and **a pinch of sea salt flakes**.

PER ECLAIR 469 kcal • fat 27g • saturates 16g • carbs 51g • sugars 40g • fibre 1g • protein 5g • salt 0.5g



Elderflower & meringue

Mix **2 tbsp elderflower cordial** with **600g fondant icing sugar** and add enough water to make a thick but drizzly icing. Add a **drop each of green and blue food colouring** and mix. Cover with cling film.

Pour **2 tbsp elderflower cordial**, **600ml double**

cream and **4 tbsp icing sugar** into a bowl, whisk to stiff peaks, then fold through the crème pâtissière. Transfer to a piping bag and pipe generous blobs over the base of each eclair, then crumble over **a few mini meringues** (available from Waitrose).

Spread the glaze over the top half of the eclairs. Position on top of the cream. After every four or five eclairs, decorate the tops while the icing is still wet; I used **mini meringues** and **sugar pearls**.

PER ECLAIR 454 kcal • fat 26g • saturates 15g • carbs 50g • sugars 40g • fibre none • protein 4g • salt 0.3g



Tip The eclairs will look best served as soon as possible after assembling, but will keep in the fridge for 2 days.

Sticky pork belly
bao buns



Truffle macancini





Sticky pork belly bao buns

Recipe: Barney Desmazery

MAKES 10 **PREP 40 mins**

COOK 2 hrs **A LITTLE EFFORT** ■

For the pork

1 tbsp sunflower oil
800g piece boneless pork belly, cut into thick slices
4 tbsp light muscovado sugar
3 garlic cloves, sliced
thumb-sized piece ginger, sliced
2 star anise
100ml Shaosung rice wine
2 tbsp dark soy sauce
large pinch of five-spice

For the buns

250g plain flour, plus extra for dusting
1 tbsp white caster sugar
1 tsp baking powder
2 tsp fast-action dried yeast
50ml milk
1 tbsp sunflower oil, plus extra for greasing

For the crushed chilli peanuts

handful roasted peanuts
1 tsp togarashi spice mix (see p14)

To serve

coriander leaves
cucumber batons
shredded spring onions

1 Heat oven to 160C/140C fan/gas 3. Heat the oil in a flameproof casserole dish over a medium-high heat. In batches, brown the pork belly well, then transfer to a plate. Tip the sugar into the dish and cook over a medium heat until starting to dissolve and caramelise, then quickly stir in the garlic, ginger and star anise, and cook for 1 min.

2 Carefully pour in the rice wine and soy sauce – watch out, it will spatter – and simmer to dissolve the sugar. Stir the pork into the caramel to coat, then add 100ml water and the five-spice, and bring to a simmer. Put the lid on and cook in the oven for 1 hr 30 mins. Remove from the oven, uncover, put on a high heat to simmer and reduce the sauce until sticky. *Can be prepared up to 2 days ahead and chilled. Reheat with a splash of water.*

3 To make the chilli peanuts, mash most of the peanuts using a pestle and mortar, then add the rest of the nuts and roughly crush for a chunky texture. Stir through the togarashi powder. *Can be made 2 days ahead and stored in an airtight container.*

4 For the buns, tip the dry ingredients and a large pinch of salt into a food mixer fitted with a dough

hook. Pour in the milk, oil and 100ml tepid water, and work the mixture for about 10 mins until smooth and elastic. Transfer to a greased bowl, cover with cling film and leave to double in size (for about 1 hr).

5 Tip the dough onto a floured surface and roll into a sausage shape. Cut the sausage into 10 equal portions. Roll each portion into a bun, then use a rolling pin to roll each bun out into an oval. Lightly grease each one, then fold them over a greased chopstick or skewer and place on a lightly oiled baking tray to rest for 1 hr or until doubled in size. Remove the chopstick or skewer before steaming.

6 Heat a steamer and steam the buns on circles of baking parchment in batches for about 10 mins until puffed up. Split the buns and stuff each one with a slice or two of the pork, drizzled with some of the sauce. Scatter over some coriander, cucumber and spring onions, then sprinkle with the crushed nuts and tuck in.

PER BUN 570 kcs • fat 22g • saturates 6g • carbs 66g • sugars 17g • fibre 3g • protein 26g • salt 1.4g



Truffle macancini

These bites of cheesy heaven have just the right ratio of pasta, cheese, truffle and crumb (it's a science, really it is). Serve with cocktails – they're a true crowd-pleaser!

Recipe: Chelsie Collins

MAKES 15-20 **PREP 30 mins plus**
at least 1 hr chilling **COOK 25 mins**
A LITTLE EFFORT

150g macaroni
1 tbsp butter
1 garlic clove, crushed
½ tsp English mustard powder
100g plain flour, plus 1½ tbsp
250ml full-fat milk
100g mature cheddar, grated
30g Gruyère (or vegetarian alternative), grated
50g Parmesan (or vegetarian alternative), grated, plus extra to serve
1 tbsp good-quality white truffle oil
2 eggs, beaten
250g dried breadcrumbs
flavourless oil, for frying

tomato sauce, to serve (visit bbcgoodfood.com for a recipe)

1 First, cook the macaroni in a large pan of salted water for 6 mins, or 1-2 mins less than it says on the packet. Drain and set aside.

2 Meanwhile, make the sauce. Melt the butter in a large saucepan and add the garlic and mustard powder, stirring for 1 min. Tip in 1½ tbsp of plain flour and stir for 1 min. Gradually pour in the milk, whisking until the sauce is lump-free, then simmer for 5 mins, whisking constantly until it thickens and becomes glossy.

3 Add the cheeses, truffle oil and seasoning, then stir through the macaroni. Spread over a large baking sheet and leave to cool. Cover with cling film and put in the fridge to chill for at least 1 hr, or overnight.

4 Weigh the chilled macaroni cheese into 30g portions, roll into 15-20 balls and put back on the baking sheet.

5 Tip the flour onto a plate and season with salt. Pour the beaten eggs into a bowl and tip the breadcrumbs into a dish. Coat each ball in the flour, tapping off any excess, then dip in the egg and roll in the breadcrumbs. Dip the coated balls back in the egg mix and roll in the breadcrumbs again for a super-crispy coating. *If making ahead, they can now be left in the fridge overnight or frozen for up to 3 months (defrost before cooking).*

6 Heat the oil in a deep-fat fryer or large saucepan until it reaches 160C on a temperature probe, or a piece of bread browns in 40 secs. Heat the oven to low. Fry the macancini in batches for 2-3 mins until golden and piping hot in the centre. Drain on kitchen paper and transfer to the oven to keep warm while you fry the rest. Serve immediately with a good grating of Parmesan, and tomato sauce for dipping.

BENEFITS vegetarian • freezable

PER SERVING (15) 300 kcs • fat 17g • saturates 4g • carbs 27g • sugars 2g • fibre 1g • protein 9g • salt 0.4g



Charred chicory cups & walnut brittle

Sweet, salty, hot and sharp, serve these canapés as a light snack or casual starter. The brittle is delicious in its own right – make twice as much and serve extra on the side. My cocktail, a Chicory Collins, goes perfectly with it, and uses up the leftover chicory (find the recipe at bbcgoodfood.com).

Recipe: Miriam Nice

SERVES 4 PREP 35 mins
COOK 20 mins A LITTLE EFFORT

For the walnut brittle

sunflower oil, for greasing

100g golden caster sugar

50g walnut halves

1 tsp caraway seeds

1 tsp fennel seeds

For the chicory cups

50g soft blue cheese

50g cream cheese

4 chicory heads

200g butternut squash, peeled and coarsely grated

2 pickled walnuts, cut into small pieces (I used Opies)

1-2 green chillies, finely sliced

1 Start by making the brittle. Brush the oil over a baking tray, then tip the sugar into a frying pan. Put the pan over a medium-high heat to melt the sugar, swirling the pan occasionally to ensure it melts evenly – but don't stir or it will crystallise. When it starts to look like golden syrup, add the walnuts, caraway seeds and fennel seeds. Stir briefly to coat the walnuts in the molten sugar, then swiftly and very carefully pour it onto the greased tray. Leave to cool for 10 mins, then chop into small pieces.

2 In a bowl, beat together the cheeses with a wooden spoon until smooth. Transfer to a disposable piping bag and keep in a cool place until needed.

3 Remove the outer leaves from the chicory heads. Carefully pick off the remaining leaves until you have 20-25 nice ones (keep the core to make the syrup, for the Chicory Collins cocktails, if you like).

4 Put 6-8 of the chicory leaves, curved-side up, in a large, non-stick frying pan over a high heat. Let them sit for 1-2 mins or until the very edges start to char. Take them

out of the pan with tongs and leave to cool on a large platter, curved-side down. Repeat until all the chicory leaves have been toasted.

5 Toast the butternut squash, a small handful at a time, in the same non-stick pan. Cook for 2-3 mins or until the squash feels drier and is just starting to turn dark brown at the very edges. Transfer to a plate and repeat until all the butternut squash has been cooked.

6 To assemble the canapés, snip the end off the piping bag to create a round nozzle, then pipe a small blob of the cheese mixture into each chicory cup. Add a generous pinch of the butternut squash, and top with one or two pieces of pickled walnut. Pipe another blob of the cheese mixture onto each one, and scatter over the pieces of brittle. Finally, scatter over the green chillies and serve.

BENEFITS vegetarian • 1 of 5-a-day

PER SERVING 312 kcs • fat 17g • saturates 6g • carbs 32g • sugars 28g • fibre 2g • protein 7g • salt 0.5g



Spiced cauliflower roast

Cauliflower is having a moment. Roasting it whole creates an incredible nutty flavour that works beautifully with Middle Eastern spices and lots of herbs.
Recipe: Chelsie Collins

SERVES 4-6 **PREP** 20 mins
COOK 40 mins **EASY**

50g butter, softened at room temperature
2 tsp chilli flakes
½ tsp sumac
½ tsp allspice
1 tsp ground cumin
1 tsp ground coriander
1 cauliflower (about 1kg)
2 x 400g cans chickpeas, drained and rinsed
small pack flat-leaf parsley, chopped
small pack mint, chopped
small pack coriander, chopped
1 red onion, very finely chopped
200g cherry tomatoes on the vine
50g pine nuts, toasted
pomegranate molasses, for drizzling

For the feta dressing
100g good-quality feta
100g Greek yogurt
juice ½ lemon

- 1** In a small bowl, beat the butter and spices with a wooden spoon, then set aside.
- 2** Heat oven to 220C/200C fan/gas 7. Trim the outer leaves of the cauliflower and remove the very bottom of the root, being careful to keep some of the root attached so the whole cauliflower remains intact. Bring a large pan (big enough to fit the whole cauliflower) filled with salted water to a rolling boil. Cook for 3-4 mins to partially tenderise, then carefully remove with two slotted spoons.
- 3** Put the cauliflower and chickpeas on a baking tray. Rub the cauliflower with the butter, dot a little over the chickpeas and season everything. Roast in the oven for 35 mins until the chickpeas are crispy, the cauliflower is deep golden-brown, and a cutlery knife can be inserted into the middle easily.

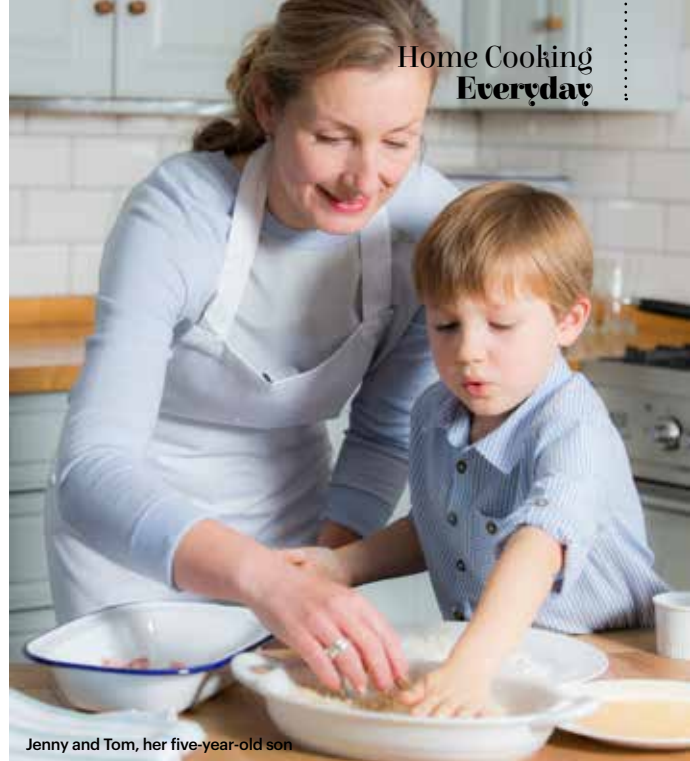
- 4** Meanwhile, make the feta dressing. In a large bowl, whisk the feta and Greek yogurt until the cheese has completely broken up and the mixture is creamy. Add the lemon juice, whisk again, then season to taste. Chill until needed.
- 5** Remove the cauliflower and chickpeas from the oven, transfer the cauliflower to a plate, then mix the remaining ingredients, except the pomegranate molasses, with the warm chickpeas on the tray.
- 6** Arrange the herby chickpeas on a large sharing platter and place the whole cauliflower on top. Spoon over the dressing and drizzle with pomegranate molasses to serve.

BENEFITS vegetarian • folate • fibre • vit c •
3 of 5-a-day • gluten free
PER SERVING (6) 355 kcals • fat 21g • saturates 9g •
carbs 20g • sugars 8g • fibre 10g • protein 15g •
salt 1.7g

Cooking with kids

Little ones will love helping to make this simple home-cooked family supper from Jenny White

photographs COLIN BALDWIN



Jenny and Tom, her five-year-old son



Chicken schnitzel strips with tomato spaghetti

SERVES 4 PREP 30 mins
COOK 20 mins EASY

2 large eggs, beaten
3 tbsp plain flour
2 tbsp grated Parmesan
zest 1 lemon
150g fresh white breadcrumbs
4 small chicken breasts
350g spaghetti
3 tbsp sunflower oil
rocket leaves or green salad,
to serve

For the tomato sauce

400g can chopped tomatoes with
olive oil and garlic
1 tbsp tomato purée
handful basil leaves, torn

1 First, make the tomato sauce. Tip the tomatoes into a medium saucepan and add 1/2 a can of water. Stir in the tomato purée, season and simmer for 15 mins. Keep warm while you make the chicken.

2 Put the eggs in a shallow dish. Lightly season the flour and tip it into another shallow dish. Mix the Parmesan, lemon zest and breadcrumbs together and tip onto a plate.

3 Place each chicken breast between two sheets of cling film on a chopping board. Ask your child to help bash them gently with a rolling pin until they are about 2cm thick. Cut each flattened chicken breast into five or six strips.

4 Cook the spaghetti in a pan of boiling salted water for 10-12 mins or following pack instructions. Get your child to help you coat the chicken strips in the flour and shake off any excess. Dip them in the beaten egg, letting any excess drip off, then finally coat them well in the breadcrumbs and put on a plate. Once all the chicken strips are coated, heat the oil in a large frying pan until hot.

5 Add the chicken strips to the pan in batches and fry for 2-3 mins each side until cooked through – you may need to wipe out the pan in between batches. Lift out and drain on kitchen paper.

6 Drain the spaghetti, then mix with the tomato sauce. Serve alongside the chicken strips and some rocket leaves or a crisp green salad.

BENEFITS folate • fibre • iron • 1 of 5-a-day
PER SERVING 826 kcs • fat 19g • saturates 4g • carbs 105g • sugars 8g • fibre 6g • protein 55g • salt 1.5g



Look what I made!



Tip

Make sure everyone washes their hands thoroughly before and after handling raw chicken.

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Spick and span

When cleaning your home on a day-to-day basis it's easy to overlook certain areas. Helping.ae is on hand with tips and tricks to help when you're next cleaning those nooks and crannies.



Oven hoods

Oven hoods absorb odors and are also a magnet for fat. If we don't remove the fat, it will clog-up and make cleaning a lot more difficult, not to mention the danger of a fire hazard. To clean it in the dishwasher, place the filters horizontally in the top compartment and run it empty to avoid food residues in the filters. If you have to clean the hood manually, place the filters in the sink, filled with a double dose of washing up liquid. Leave them to soak, scrub with a brush and then clean again. Don't forget the inside of the cooker hood, and get rid of the fat and dry with a cloth. Use 100% cotton towels to dry it, as they will be lint free.

Tile joints

Bathtub, sink and toilet, floor: the normal routine to clean the bathroom. However, we easily overlook other places like the tile grouting; on which mould can grow all too quickly. To clean it you can use the Tea Tree Oil! It's antibacterial and kills mold. Dip a cotton swab in the oil and coat the affected area, generously. After half an hour, this miracle cure will have banished the fungus and your joints will radiate again!

Dishwasher

In cosy warmth and moisture, dangerous bacteria feel safe and can, when not removed have some afflictions on you. First, take out removable items - the racks, the salt and fluid caps, and the filter, then wipe the inside with a fresh sponge and vinegar. Don't forget to clean the filter - there you'll always find leftovers food. Pour a cup of vinegar into the capsule compartment, and allow the machine to rinse empty at the highest temperature (don't forget to put back the stuff you took out!).



Handles & doorknobs

Handles and doorknobs come into human contact several times a day, but rarely come into contact with a cloth. But viruses can survive on this type of surface for around 24 hours and other types even longer, so disinfection is key here! A dab of vinegar on a cloth is perfect to combat the potential threat.



Washing machine

The centrifugal drum always looks so spotless after each wash, but if not cleaned from time to time, it can lead to bad smelling of the clothes even after washing them. Dirty clothes have to leave their dirt somewhere, and that's in the drum. To clean your washing machine, put 50g of baking soda directly into the drum and 50ml of vinegar essence in the top compartment. Wash at 60 degrees for a fresh smelling washing machine. You can also get the dispenser clean with a sponge and tap water. Do not forget also to remove the lint and hairs in the rubber that fill the machine, if it's a washer dryer.



The freezer

Two thirds of all food poisoning originate from the fridge or freezer walls and most bacteria only 'hibernate' but don't die at low temperatures. So, be sure to sort all your food in insulated bags when stocking your freezer, as a precautionary measure. To clean it, turn it off, remove the bottom shelf and place some towels inside to soak up the water, close the door and let it defrost overnight. You can sterilise the freezer with a cloth soaked in vinegar cleaner and bleach for killing dormant bacteria.

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A man in a white chef's uniform and black trousers is sitting on a black leather sofa in a cinema lobby. He is smiling and looking towards the camera. The lobby has a modern design with wood paneling, vertical light fixtures, and a patterned carpet. The title 'A FIRST CLASS TICKET' is overlaid on the image in large white letters.

A FIRST CLASS TICKET

We step into the theatre with chef Gary Rhodes, to learn of his new and exciting gourmet venture with VOX Cinemas. By Sophie McCarrick

Text by SOPHIE MCCARRICK | Photographs by Maksym Poriecki



It's see you later to stale popcorn and flat colas at the cinema, as one of the UK's most celebrated chefs and restaurateur, Gary Rhodes, steps in with an indulgent, new culinary concept at selected VOX Cinemas in Dubai and Abu Dhabi.

For the first time in the Middle East, the British chef has launched a lavish experience that perfectly marries high-quality, homemade food with luxury at the cinema. The gastronomic cinema concept known as TheATre by Rhodes, allows moviegoers to enjoy a three-course, made from scratch gourmet meal while watching a film, curled up on a reclining chair and tucked in with a silk blanket and pillow to match – all complete with a personal waiter.

In a one-to-one interview, chef Rhodes explains exactly what makes TheATre so different, and why we should be upgrading the next time we visit the cinema:

Tell us about the thought process behind this concept...

One of my fondest memories as a child was being taken to the theatre for my birthday, it was such a special occasion. However, in recent years, I feel the cinema experience has become so casualised that it's almost lost that exciting, special feeling. As a kid when I went, you'd go into the cinema's little bar for a refreshment before the show and waited to be called for the start with anticipation. It really was such an exciting experience. So, that's what we're trying to recreate with TheATre by Rhodes. We want to recreate that magical cinematic experience again.

THEATRE BY RHODES PACKAGES:

Dhs250 until midday | **Dhs300** from 12pm until 5pm | **Dhs350** from 5pm

Price includes a beverage, starter, main, dessert, tea or coffee

What's the experience like?

I like to look at it as the different classes work with an airline. You have First, Business and Economy – each offering their own individual benefits. We want to create that with TheATre, where you have the normal option, Gold, and then the TheATre option.

What's the difference between Gold and TheATre?

It's just an extra level of luxury. We're being very careful with the menu compilation, and it's not that we do any lesser quality food in Gold, it's just a different style. It's like comparing a Brasserie to a fine dining outlet. In both, everything you eat is homemade, even down to the breads we use for the burgers. The meat we use for the burgers is brought in as whole chuck steak and butchered down, diced and minced. Everything is made with care and attention to detail. Nothing comes frozen here, it's all fresh and handmade. Even down to the relish, chutney, and other sauces.

Is it not difficult to eat fine dining food in a cinema environment?

Well, it's not a knife and fork affair, we are in the cinema after all and it still has to be finger food, or easy to eat from a bowl with a spoon – however the standard of food is high. None of our dishes require cutting, so it's not an inconvenience. We have options like a delicious foie gras panini with a lovely truffle butter, which you can eat with your hands.

What's the main selling point of this concept?

You can lay back in comfort to watch the film of your choice and indulge in some tasty, good food, which has been made from quality ingredients in a proper way – what more could you want? It's nice for people to be able to treat themselves every once in a while, and this is something that is lovely for people to do for birthdays, special occasions, or even the odd Friday night with your partner or friends when you

fancy spoiling yourself and doing something a bit different, and it becomes memorable a memorable experience.

How does someone book tickets?

You can buy tickets at the cinema or online, however, we encourage for people to purchase online prior to arrival, so that when they arrive, all that's left to do is enjoy and know that everything from arrival is included within the price. We also encourage guests to arrive that little bit earlier, so that they can relax in the ThEATre lounge with a beverage or even enjoy a starter, before being called for the film to begin. The bar features playful mocktails all created around the movie theme, like the 'Shirley Temple' and other fun drinks full of flavour that you can also bring into the theatre room. It all adds to the experience.

Do guests need to pre-book their menu?

No, everything is made to order, fresh. In the cinema, they'll be given a menu and they can push a button and someone will come and take their order directly from their seat, or alternatively they can order everything in the lounge beforehand, and let the waiter know when they'd like each course. It allows the customer to be fully in control of what they want and when they want it. You can have a 3-course meal here, it's all included in the price. Or alternatively, opt for just the entry ticket option, and purchase snacks or individual plates when you're here.

What options are available for children?

There's a menu developed just for them. Here, we've got a situation where children want simple food, which we want to give them, however, we'll not be giving them anything frozen. We're giving them healthy eating. And healthy eating actually means that everything is handmade and doesn't include any form of additive, because what you can't do is put children on diets because that's not healthy. It's about giving them fresh produce. So yes, there are burgers, but just like I explained before, it'll be made using freshly cut chuck steak. We have chicken goujons, but these are not chicken nuggets out of a freezer bag. Ours are made with fresh chicken,



HERE'S JUST A SELECTION OF SOME OF THE THINGS YOU'LL FIND ON THE MENU...

Starters:

- Peppered beef sticks, with sweet chili and pomegranate jam
- Crab and asparagus bruschetta, with egg mayonnaise and sweet lemon dressing
- Spicy lamb and date meatball fritters, with labneh and cucumber raita

Mains:

- Lobster and chicken Caesar tacos
- Krispie spiced prawns, with homemade sweet chili relish and lemon mayonnaise
- Mini 'New York' deli beef burgers, with melting peppered Gouda cheese and BBQ coleslaw

Desserts:

- Date and banana French toast fingers
- Belgian chocolate and honeycomb ice cream sundae
- Chocolate chip pancakes – prepared fresh



where we cut all of the breast down and make sure there's only a little element of seasoning so we're not overdoing it with salt content, a little squeeze of lemon and fresh crumbs, quickly cooked to order, and not deep fried, however they are shallow fried, so there's still a little crispness, but it's not over-emerged in the fat. It all comes down to how the food is made that makes it healthy. So, it's still the food they want to eat, but done in a very healthy manner.

Are there any further development plans for the future with ThEATre?

We are looking at redesigning the lounges to add another texture to them. At the moment, they're all on one level, where I'd like to see them offering two decks, offering quite a snazzy bar vibe, with a good bit of music in the background. I want this to become a place that people can also pop in for

lunch or dinner if they'd like, without the need of going to the cinema. The lounge and the food in itself is an attraction.

I'd also like to target the events market more. I'd like people to be aware of is how great this space is for events and celebrations, we've had people rent the space out for a birthday party in the past, it's also perfect for corporate events for presenting on the screen while enjoying some delicious food and socialising in the lounge.

How about further expansion into the Middle East?

Certainly in the Middle East, we had a meeting with VOX recently to talk about projects moving into 2017, and one of them is in Doha, and one in the shopping complex coming onto The Palm, where there will be a VOX outlet, so we'll be there too eventually. Without a doubt there will be more to come from us in the

future. The great thing about VOX is that they really want to grow, however, they want to make sure that they've really got a stamp on their company and offer a fantastic, quality product, which is consistent and reliable.

How do you feel the concept has been received so far?

Really well, we've had great feedback. However, I still don't think people realise how much care is put into the food preparation, and the quality behind it all. We're in quite a small kitchen, but we make it work, and it all comes down to having the right team. It's about understanding textures and blends, depths of flavours and what is going to complement the other flavour, nothing to mask the main ingredient. If you're main ingredient happens to be beef or a piece of fish, or a vegetable, anything else that surrounds it is there to enhance and complement rather than overtake, and for me that is what balance of food is all about -and I feel all of our chefs at ThEATre have been tutored fantastically on all of that, which shows in the food.

Your passion really shines through! How does it feel to be the face behind all of this?

It's been an exciting journey to suddenly add another adventure to my culinary repertoire, and that's something I've always loved about this industry, that you never stop learning and developing. I love my job, I love food and being in the kitchen, it gives me a buzz and it's my passion. My wife Jennie, always says to me: "I know when you've been in the kitchen at work because you come home with a great big smile, but when you've had office days, you're always moody." There's just something about this industry. I've never ever been bored in this job, there's always something new to discover!

NOW AVAILABLE AT:

ThEATre by Rhodes:

- Mall of the Emirates
- Nation Towers - Abu Dhabi
- Yas Mall - Abu Dhabi

Gold, with Rhodes menu options:

- Burjuman
- City Centre Deira
- City Centre Mirdif

MASTERCHEF MAKEOVER

John's jambalaya

BBC *MasterChef* judge John Torode puts his own twist on one of our most highly rated dishes – chicken & chorizo jambalaya. The result is this fragrant one-pot wonder

photograph SAM STOWELL



‘Similar to paella, jambalaya is a simple rice and seafood stew, but with a Louisiana Creole mix of French and Spanish flavours. Traditionally it’s made with smoked sausage and the Creole holy trinity of celery, onions and peppers – however, tomatoes and other vegetables are often added.

‘My version is a little more opulent than some, however the beauty of this dish is that you can add or leave out any type of seafood you like.’

John's jambalaya

This recipe's Creole roots call for generous use of dried herbs and spices – don't be stingy! Make sure you discard any mussels or clams that stay open prior to cooking, or that won't open once they're cooked.

SERVES 4-6 PREP 20 mins
COOK 50 mins EASY

2 tbsp olive oil
6 skinless chicken thigh fillets, chopped
200g cooking chorizo, sliced
2 onions, finely sliced
4 garlic cloves, crushed
2 red peppers, sliced
2 celery sticks, chopped
1 tsp fresh thyme leaves
1 tsp dried oregano
½ tsp garlic salt
1 tsp smoked paprika
1 tsp cayenne pepper
½ tsp mustard powder
pinch of white pepper
300g long-grain rice
400g can cherry tomatoes
300ml chicken stock
12 large raw tiger prawns (whole in their shells)
12 mussels, cleaned and de-bearded
24 clams
½ small pack parsley, chopped
4 spring onions, sliced on a diagonal

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a heavy-based flameproof casserole dish on a medium-high heat. Season the chicken thighs, add to the dish and cook for 4 mins until they start

to brown, stirring occasionally so they don't stick. Add the chorizo and cook for a further 4 mins until it releases its oils and has started to crisp. Remove the meat with a slotted spoon and set aside on a plate.

2 Add the onions to the chorizo oils, lower the heat and soften for 8 mins. Stir through the garlic, peppers, celery, thyme and oregano, and cook for 2 mins more.

3 Return the meat to the dish, add the garlic salt, paprika, cayenne, mustard powder and white pepper, and cook for 2 mins until fragrant. Stir in the rice, then the tomatoes. Add the stock and give it all a really good stir. Bring to the boil, then cover with a well-fitting lid and put in the oven for 20 mins.

4 Take from the oven and fluff up the rice with a big fork. Fold through the prawns, then put the mussels and clams on top. Put the lid on, return to the oven for 10 mins, then take the dish out and give everything a good stir. Sprinkle with the parsley and spring onions to serve.

BENEFITS folate • vit c • 2 of 5-a-day
PER SERVING (6) 539 kcs • fat 20g • saturates 6g
• carbs 50g • sugars 8g • fibre 5g • protein 37g • salt 2.8g



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Looking to impress? Treat your guests to a gourmet private dinner in the comfort of your home prepared for you by our Chef, just sit back, relax and we take care of everything!



Judy's kitchen took two years to build. She has lots of traditional and modern Korean ceramics and utensils, collected on frequent trips to Asia, plus fun items and *Star Wars* memorabilia – she's a big fan of the films

It's hardly surprising that Judy Joo takes the high-pressure world of restaurants in her stride. After graduating from the Ivy League Columbia University with a degree in engineering, she spent several years working as a trader on Wall Street before giving up finance to train at New York's French Culinary Institute.

After moving to England in 2007, she worked for the Gordon Ramsay Group and gained experience at The Fat Duck and Thomas Keller's The French Laundry in California. Now she balances TV (she was one of Channel 4's *Iron Chefs* and has her own show, *Korean Food Made Simple*) with food writing and being executive chef at Jinjuu in London and Hong Kong.

My kitchen **JUDY JOO**

The Korean-American chef shows us around her chic central London kitchen



gf

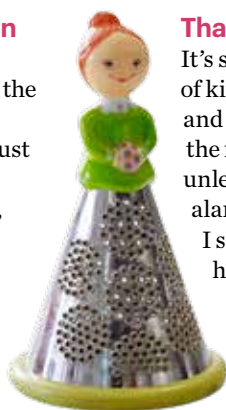


Judy's latest book is *Korean Food Made Simple: Easy and Delicious Korean Recipes to Prepare at Home*. You can buy this book for just Dhs100 online at sparkledirect.com/goodfood.

Find out more about Judy's Jinjuu restaurants at jinjuu.com.

How long have you lived in London?

About six years. I love being at the centre of everything, with Regent's Park and Hyde Park just on the doorstep. When I got divorced, I almost sold the flat, but a friend said: 'Judy, life is short. You deserve to live in a comfortable place.' I'm really glad I bought it. I film my show here, do recipe development and photo shoots for my books.



That's quite a ventilation system

It's so strong, it could suck the souls out of kittens! I can have five steaks cooking and you don't smell it on the other side of the room. The stove won't turn on unless the extraction is on – otherwise alarms go off. If anybody comes to stay, I say: 'Don't touch the stove, you might hurt yourself!'

Tell us about your colour scheme

I have floorboards throughout this part of the flat so that the kitchen feels part of everything else. There are different widths of

boards, in a lovely soft grey. I like it with the grey cabinets – they're metallic and slightly reflective. It looks glamorous and they're easy to clean. It was all specially made.

What are your favourite pieces of kitchen kit?

I like my Vitamix blender. It's expensive, but I use it for everything – soups, purées, etc – I just throw everything in there. I use my rice cookers all the time too, and not just for rice – quinoa, grains and barley. And my little Microplane grater for garlic and ginger.

Was it like this when you moved in?

No, it was totally from the 1950s! It had a strange layout, so we hired the architect Annabella Nasseti and reconfigured it entirely. The whole thing took two years.

Do you entertain a lot?

I used to have big parties, but I haven't done that for a while as I've been working so much. I should really do it again. For parties, I like to cook big things – whole fish packed in salt, big sides of pork belly on the ribs. Or I'll just buy an entire lamb shoulder and braise it for hours. When I'm on my own, it's sometimes just instant ramen noodles. Or I'll cook some fish – I love fish, salads, vegetables. And kimchi, of course. I crave spicy foods.

What's the story behind your stove?

It was a bull market purchase. It's a Molteni – the Ferrari of stoves, made to your own spec. It has a solid top with four zones of heat and four burners. I've got huge ovens – I've done whole suckling pigs in here. It weighs so much that I had to have the floor reinforced and it had to be lifted in using a crane.

MY ESSENTIAL KOREAN LARDER

Gochujang

A fermented Korean chilli paste, which is thick and spicy with a hint of sweetness. I use it in everything, from salad dressings to spaghetti sauce and soups, as well as traditional Korean marinades.



Gochugaru

Chilli flakes made from the skins of Korean chillies. Hot and fiery, but also nutty and smoky. I sprinkle it on when I want to kick up the heat. Use like any other chilli flakes.



Doenjang

A fermented soy bean paste a little like miso but with stronger flavour and coarser texture. I use it to bring depth and complex flavour to sauces and soups, and for boosting the flavour of most proteins.



Roasted sesame oil

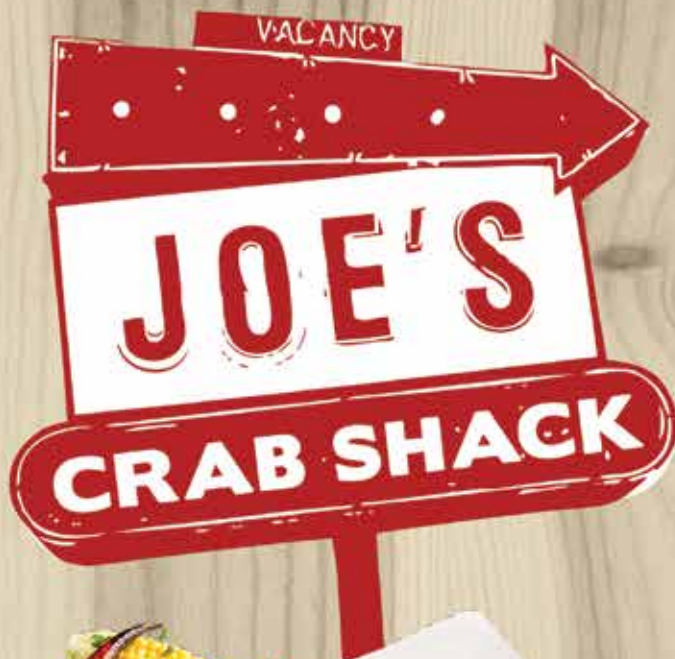
Nutty and dark, this oil gives Korean food its earthiness. I drizzle it on dishes for the divine fragrance. It adds a lovely, earthy flavour to dressings, sauces and soups.



Kimchi

Like many Koreans, I love this spicy, fermented cabbage. You can get hold of it quite easily these days, as it's becoming very popular everywhere in the world.





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HOMEmade *gourmet dining*

For those looking for an exclusive culinary experience without venturing too far, ChefXChange is on hand to bring an unforgettable dining scene to the comfort of your own home. For a firsthand perspective, editor Sophie tries out the online platform that serves as a connection between professional chefs and food lovers, for the first time.

What is ChefXChange?

Whether you're planning a dinner party for friends, an intimate meal for you and your partner, or simply a family gathering without the hassle of cooking at home, ChefXChange is an online service that allows its end user to log-on and connect with professional chefs in the area. The online marketplace for food lovers and chefs looking to link up, offers a pool of more than 50 chefs – all of whom are just a click away to book for private catering in the comfort of your own home, even with short notice. Chefs on the site are equipped to cook cuisines from all over the world, including the likes of Italian, Asian, French, Arabic, Spanish, and more – they'll even come and host an outside BBQ for you.

From buying all of the ingredients needed for the lunch, brunch or dinner, to cooking, serving and best yet, cleaning up after the experience, the chef booked through ChefXChange will provide a full dinner party package, and will also bring along a kitchen assistant if the group size requires – ensuring all that's left to do is to sit back and relax.

Dining experiences are tailored to your individual needs, with the chef taking into consideration your price point, dietary requirements, location and time.

How does it work?

To book your very own ChefXChange experience, simply log-on to www.chefxchange.com and register – it's a really easy-to-use site and simple process. Once your account is set up, scroll through the list of chefs to choose

the one best suited to what you're looking for. Here, you can filter depending on the chef's specialty, your location and the date you'd like the event.

When you've found a chef who fits the bill, drop them a line to discuss the type of menu you'd like and the budget that you're working with. From here, the chef will take the lead and put together a custom-made menu for your dinner party. You'll also fill out a check list, informing the chef what kitchen appliances you have – so don't worry if your kitchen is low on gadgets because the chef's job will be to create a menu based on what's available.

Lastly, once a price per person has been agreed upon, you'll be able to pay with credit card through the website's secure payment gateway. Then, you're ready to go – the chef will show up on the chosen date and cook up a storm in your kitchen!

What's it like?

Having used the service, I'd highly recommend it to anyone wishing to make more out of their space at home – particularly those wanting to throw a dinner party without having to play host the entire evening, or those with younger children, who'd still like to socialise, whilst being able to cater to their little ones from the comfort and safety of home (best of both worlds!).

I shared this experience with my family, who all agreed it provided the means for an interestingly fun culinary evening. Out of the chefs, I chose chef Shane Born – who was excellent. Before using ChefXChange, one apprehension that I had was that it'd be slightly



awkward welcoming a stranger into our home, but this was by far not the case. Chef Shane was extremely friendly, chatty and great to work with when it came to putting a menu together. He showed flexibility to cater to our likes and dislikes and arrived right on time, before serving each course in a timely manner. Best of all, he left the kitchen spotless, and a pot of leftovers on the stove – a win!

Personally, I found this a particularly great service giving the time of year when not wanting to dine outside. I'm always looking for new ways to entertain indoors – so this is a perfect way to do so right now. Or alternatively, I'd be quite keen to try it again when the weather cools down and have a chef over to help with throwing the ultimate BBQ, or chic outdoor garden party.

How much does it cost?

Cost per person varies on the menu that



you opt for, the number of courses, and the ingredients selected. The price includes all food provided, the chef's time, and gratuity, in addition to relevant travel costs or a charge for extra servers if the group is a large one.

I found the service really reasonable, especially when taking into consideration the going rates for a 3-course meal at most outlets across Dubai. Our menu for example, cost Dhs250 per person and comprised the following: a tataki sampler to start, a chorizo carbonara for main, followed by a vanilla panna cotta with strawberry coulis for dessert – all of which was bought prepared and served for us.

Sophie's ChefXChange experience



If you want to try: If you're a food lover wishing to try the ChefXChange experience, or if you're a professional chef who'd like to join the ChefXChange culinary team, please register here:

www.chefxchange.com



Call: 04-8321970
Web: www.chefxchange.com
Instagram: [chefxchange](https://www.instagram.com/chefxchange)



Kambaa Lounge:
Open daily from
7am-midnight!



CRONUT CRAZE

After taking New York and London by storm, the latest food craze to hit Dubai is the one for cronuts – an irresistible croissant-doughnut hybrid, now available at The Address Dubai Marina's chic lobby lounge, Kambaa, in addition to a range of other tasty delights!

Cronut *[kroh-nuh-t]*

1. a brand name for a pastry made from croissant dough that has been deep-fried and shaped into a thick doughnut-like ring.



Attracting diners in food capitals of the world to que outside of bakeries, the cronut has quickly become the latest 'must-try' pastry around. Available in sweet and savoury variations, the cronut is round in shape – like a doughnut, but also fluffy and crispy – like a croissant.

If you're looking to try one, head to The Address Dubai Marina's Kambaa Lounge, located at the heart of the hotel. It's the ideal place to meet friends and family, or even a work colleague for a quick meeting.

With 40 different flavours of cronuts to choose from, there's something made for everyone. In addition, the lounge also offers a delectable menu of snacks and other tempting sweet and savoury treats – all accompanied by a range of refreshing beverages.



INDULGENT AFTERNOON TEA

Make an afternoon out of your visit to the vibrant lounge, and opt for an indulgent Afternoon Tea experience. The menu has four mouthwatering options to choose from including: traditional, Arabic, vegetarian and gluten-free. In addition to the delightfully light pastries you'll receive, with warm scones and gourmet sandwiches, you'll also be served finest selection of teas and exquisite coffees from around the globe. Kambaa offers the perfect remedy to relax and re-energise. The Afternoon Tea experience takes place every day from 3pm to 6pm, for Dhs135 per person including coffee and tea.



40 TEMPTING FLAVOURS
TO CHOOSE FROM!

Some of the flavours are:

Dhs15 per piece

- Strawberry Rhubarb with Thyme Ganache and Citrus Sugar
- Matcha and Golden Pineapple
- Pumpkin Chai Tea
- Sweet Clementine and Ricotta
- Caribbean Rum Raisin with Sultanias and Tahitian Vanilla Sugar
- Rose Vanilla
- Lemon Maple
- Blackberry Lime
- Coconut
- Fig Mascarpone
- Apple Creme Fraiche

3D CAKES

If you're looking to step things up a notch at your next Birthday party of celebration, the 3D cakes which can be prepared at Kambaa Lounge shouldn't be missed out on. Simply provide the pastry team at Kambaa with a picture of your required design, shape or figure, and the talented group of chefs will get to work on creating your custom-designed 3D cake. The cakes can come in all shapes and sizes – so don't be afraid to ask for even the wackiest, most creative type of cake!

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Kitchen on ice

With
Al Islami
Foods!

Inspiring healthy eating habits and raising awareness on the importance of nutrition in both adults and children, last month saw the forward-thinking Al Islami Foods group host an exciting event in partnership with *BBC Good Food Middle East* at the Dubai Mall Ice Rink. The occasion, 'Al Islami Kitchen on Ice', was held on June 3 and welcomed hundreds of visitors of all ages to interact with professional chefs to learn healthy, easy-to-make recipes and taste a range of delicious food products.

With recent studies carried out in the Middle East revealing that the number of people suffering from obesity and diabetes is on the rise, it's becoming ever-more important for events like the 'Al Islami Kitchen on Ice' to take place, in order to raise social-awareness about well-balanced diets and encourage healthy eating habits for home cooks and families alike.

As people in the UAE begin to turn towards practicing better eating habits, which plays a key role in countering obesity and reducing the risk of getting a life-style related disease, Al Islami Foods, as one of the UAE's pioneering food production houses that specialises in halal chicken and frozen foods, is on hand to help in any way they can.

The fun-filled, day-long program saw attendees enjoy cooking demos, competitions, cooking classes, kids' arts and crafts, chefs' consultations and more.

From the event, Brent Pearson, CFO of Al Islami Foods, explained that the 'Kitchen on Ice' program is an event organised to encourage everyone to practice healthy eating habits and to teach visitors healthy, new and creative recipes to try at home.

BBC Good Food Middle East would like to thank all of those who attended the event, for making it such a great success!

AL ISLAMI FOODS

Al Islami Foods is one of the UAE's pioneering food production houses that specialises in halal chicken and frozen foods. Its diverse portfolio of products is centered around high quality chicken (and chicken parts), which is immediately frozen to ensure maximum freshness and taste and also includes a range of ready-made convenience products including burgers, nuggets, seafood, franks and sausages, minced items and international flavors such as sheesh kebab. Al Islami also offers a specific children's range of products under the Aladdin brand as well as a variety of frozen vegetables, fruit and snack products.







Mother
Baby &
Child

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IN THE KITCHEN

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YOUR GUIDE TO *Motherhood*



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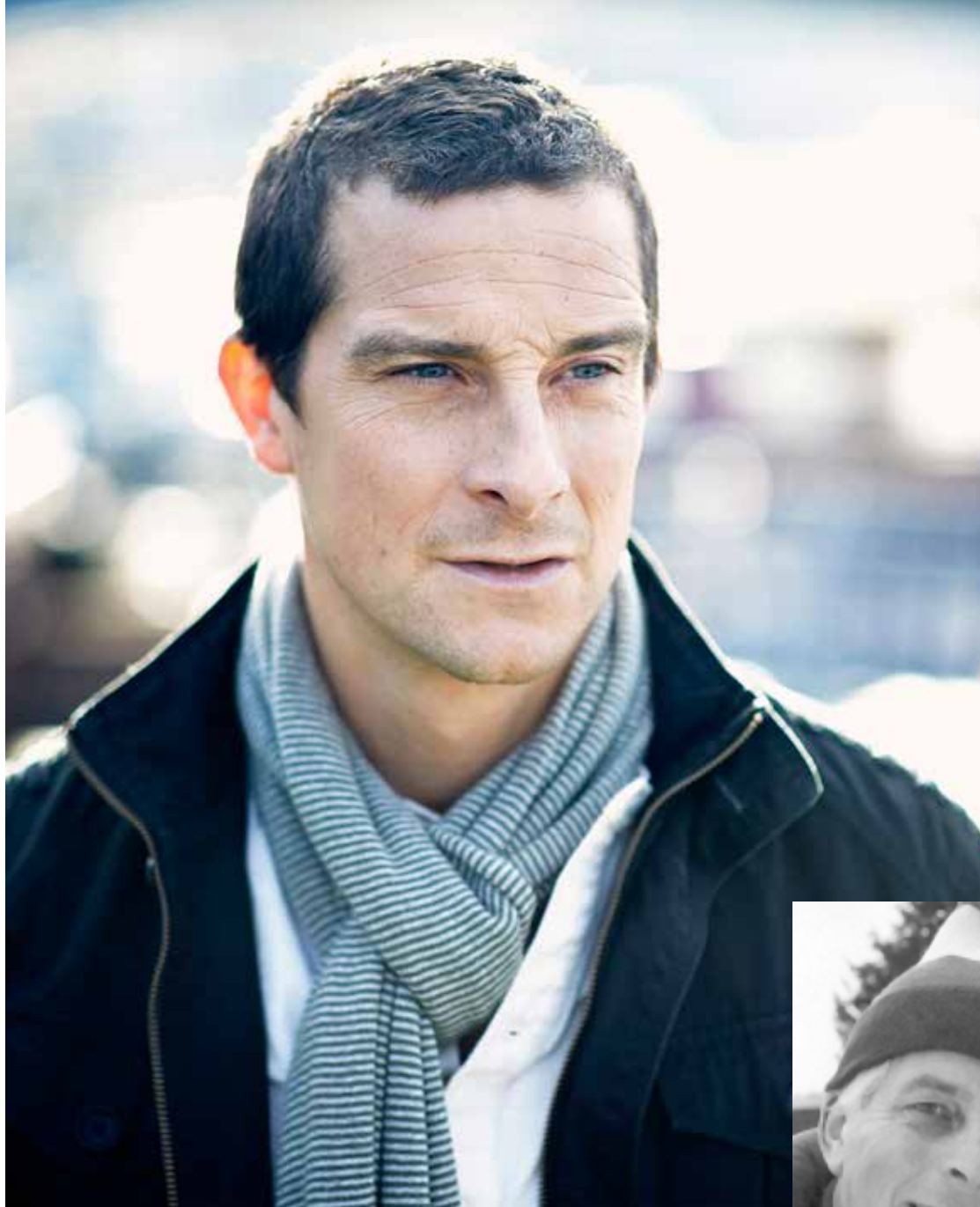


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My life on a plate **BEAR GRYLLS**

Everyone has a dish that conjures up childhood memories – and one to pass on to the next generation. Here the TV adventurer shares his

Edward Michael Grylls, 41, known as Bear since childhood, is a British adventurer, TV presenter and writer. He grew up on the Isle of Wight and was the ultimate outdoorsy kid, loving to climb and sail. Highlights of his career include climbing Everest and trekking in Alaska with US President Obama. His current series is Channel 4's *The Island with Bear Grylls*. He is married with three sons.

• *Fuel for Life* (Dhs80, Bantam Press) is out now. For more about Bear, visit beargrylls.com.



The recipe I grew up with

'I used to go fishing with my dad (above) a lot. With freshly caught trout, we'd put a knife straight down the spine, flip it over, go under the skin and then pan-fry it. Beautiful. Then we would get a load of tomatoes, blend them, add some olive oil and serve that over the fish. It was amazing.'

'My mum was wonderful, but she was a terrible cook. She made British food seem like post-World War II rations. It wasn't quite as bad as Spam, but she would leave a pan of Brussels sprouts stewing for a whole afternoon.'



Trout with tomato sauce

SERVES 2 **PREP 5 mins**
COOK 25 mins **EASY**

1½ tbsp olive oil
1 shallot, thinly sliced
2 garlic cloves, crushed
1 bay leaf
400g can good-quality chopped tomatoes
1 tsp Sherry vinegar
1 tbsp butter
2 rainbow trout fillets, pin-boned, skin left on (if the fillets are large, cut in half lengthways or ask your fishmonger to do this for you)
handful mixed olives, stones removed
handful basil, shredded
good-quality extra virgin olive oil, for drizzling

1 In a frying pan, heat 1 tbsp of oil over a low-medium heat. Add the shallot and a pinch of salt, then cook, stirring occasionally, for

8 mins until softened and the edges begin to brown. Stir in the garlic and cook for 1 min, then add the bay leaf, tomatoes, vinegar and seasoning. Stir well, bring to the boil, then reduce the heat and simmer gently for 15 mins.

2 After the sauce has been simmering for 7 mins, heat the remaining oil with the butter in a non-stick frying pan over a medium-high heat. Season the fish well and place, skin-side down, in the pan. Cook for 4 mins – try not to move the fish so the skin gets evenly coloured. Flip over and continue to cook for 2 mins or until the flesh begins to flake in large chunks.

3 Season the sauce to taste, then spoon some onto each plate and top with a fillet. Scatter over the olives and the basil, then drizzle over the extra virgin olive oil to serve.

BENEFITS vit c • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 429 kcals • fat 25g • saturates 8g • carbs 9g • sugars 8g • fibre 2g • protein 40g • salt 0.9g

The recipe I would pass on

‘A killer chocolate mousse made from raw cacao, eggs, coconut oil and a little bit of maple syrup. It’s very simple, but so rich, dense and delicious. You can just have a little – and it’s full of good things.

‘When I make it, people say it’s unbelievable, then I tell them there’s no dairy or sugar, and they can’t believe it. It’s not complicated. I wish schools had taught me this.

‘One of my life’s journeys is to work out what healthy food is, and then how to make it taste good. I brought out a book with my team called *Fuel for Life*, which is all about how to make incredible comfort food healthy. It explains how to make pizzas, cheesecakes, crumbles and burgers without dairy, wheat or sugar, so that they still taste delicious.’

Bear’s chocolate mousse

This is ridiculously quick to make. If you have an unexpected guest, it’s guaranteed to be a winner!

SERVES 2 **PREP 3 mins** plus chilling
NO COOK

2 eggs
4 slightly heaped tbsp cacao powder
4 tbsp maple syrup
2 tbsp coconut oil, melted and cooled
a dash of vanilla essence

Put all the ingredients in a bowl and mix with a whisk until smooth. Divide into two ramekins and put in the fridge for at least 30 mins to set. Then serve – with a tiny spoon to make it last longer!

BENEFITS gluten free
PER SERVING 350 kcals • fat 18g • saturates 12g • carbs 35g • sugars 23g • fibre 1g • protein 12g • salt 0.2g



SIX QUICK TRIPS

2016's hot food cities

From capital of culture San Sebastián to brilliant-value Thessaloniki, six top food destinations to visit this year



Best for **FOOD & CULTURE** **San Sebastián, Spain**

Spain's north-coast food hub, one of Europe's two capitals of culture this year, is worth sinking your teeth into, with large-scale art populating public spaces and restaurants celebrating local food.

The On appétit! programme will see chefs open their doors to European counterparts for regional recipe swaps, and Time Machine Soup, an edible art happening,

will tour European history via the medium of, yes, soup (dss2016.eu). Eat pintxos (tapas) including molecular bites such as bacalao al cava con perlas de guindilla (salt cod crostini with chilli) at modernist Zeruko (barzeruko.com), or traditional mejillones picantes (spicy mussels) at seafood hub La Mejillonera (Calle del Puerto 15). As at any self-respecting pintxos bar, discard your napkin, and even your shells, on the floor when done.



How to do it Visit sansebastianturismo.com for more restaurant and hotel recommendations.



Best for **WINE & CELEB CHEFS** **Bordeaux, France**

The revitalisation of the waterfront continues, with the hotly anticipated Cité du Vin – an ambitious structure on the banks of the Garonne crowned ‘the Guggenheim of wine’ – opened in June (laciteduvin.com).

A recent restaurant boom has welcomed the likes of Joël Robuchon, Gordon Ramsay and Philippe Etchebest, who is newly enthroned at Le Quatrième Mur in the Grand Théâtre.

Still going strong is local food legend Jean-Pierre Xiradakis, who started colonising the central street Porte de la Monnaie as a rue gourmande back in the 1960s with his landmark restaurant, La Tupina.

Visit deli Le Comestible to buy classic south-west gourmet goodies to go, including cassoulet, petit salé (salt pork) and goose confit cooked by poultry masters Maison Duperier. **How to do it** Stay at Xiradakis' Maison Fredon from Dhs360 (latupina.com).



Best for **SUN, SEA & MEZE** **Çeşme, Turkey**

This peninsula on the Aegean attracts some of Istanbul's leading chefs who set up shop in the old shuttered houses flanking the cobbled streets of Alaçati, Çeşme's hippest village (above).

Here you'll find the Noma-inspired Alancha (tr.alancha.com), headed by surfing champ-turned-chef Kemal Demirasal, alongside some exceptional 'grandma'-style restaurants. One such is Asma Yaprığı (asmayaprigi.com.tr), where

two generations of local ladies offer hearty meze dishes such as a silky, smoky patlican salatasi (aubergine yogurt dip), and myriad şevketi bostan (artichoke) dishes, including their signature braised variety topped with samphire.

Day-trip to neighbouring vineyards Urlice (urlice.com) and Usca, enjoy white sand beaches nearby or take a short ferry hop to the Greek island of Chios.

How to do it Stay at boutique hotel Alavya (alavya.com.tr), set in six beautiful old stone houses surrounded by



walled gardens and a pool terrace where you can eat a sumptuous, multi-course breakfast.



Best for **WINE & WILD WALKS** **Moselle Valley, Germany**

The Moselle Valley is a rare bit of wild, undeveloped riverside, home to nature reserves and the just-opened Moselsteig walking trail that stretches 225 miles to the French border, right through 'fairytale castle' country.

Local vintners are involved in numerous projects conserving this pristine, green region, so there's lots of opportunities to wine, dine, then walk off the excesses. A creative generation of wine growers is producing outstanding dry Rieslings, the ideal accompaniment for dishes such as poached pike salads and delicate, fried whitebait from the Moselle and Saar rivers.

How to do it BSpoke Tours 'Magical Moselle Wine Route' starts around Dhs6,800 pp for eight days/seven nights at three- and four-star bed & breakfast hotels, including flights and transfers, bike hire and equipment, route maps and instructions, and luggage transfers between hotels (bspoketours.com/moselle).

‘Greece’s second city is, in our opinion, first for food. Savvy travellers come for cheap eats’



Best for
BRILLIANT VALUE
Thessaloniki, Greece

Greece’s second city is, in our opinion, first for food. Savvy travellers come for cheap eats, the restaurant scene led by a youth culture focused on excellent food and anti-austerity ingenuity.

Sempriko (on Fragon Street), a deli-restaurant run by a collective of

amateur chefs, serves local ingredients at bargain prices, with modern Greek dishes. Try spalobrizola (flank steak) marinated in grape must (juice with the skins and seeds left in), sardines wrapped in vine leaves, and smoked or grilled kefalotyri cheese.

This elegant city sits right on the seafront, with ferries to the lush Sporades islands,

while some of Greece’s loveliest beaches are found on the Halkidiki peninsula, an hour’s drive away.

How to do it Sunvil offers a two-centre, one-week break to Thessaloniki and the pretty seaside village of Olympiada from approx Dhs6,000pp, including bed & breakfast accommodation, flights, transfers and car hire (sunvil.co.uk).

Best for
SERIOUS FOOD CREDENTIALS
Turin, Italy

This year, Italy’s premier culinary event, the Salone del Gusto, reaches the ripe old age of 20, and Slow Food Italy celebrates its 30th birthday. Hosting the festivities is Italy’s undisputed food capital, Turin.

Dine on classic Turinese dishes, such as vitello tonnato (veal in a creamy sauce), finanzia (cockscombs with Marsala) and agnolotti (stuffed pasta), under 19th-century frescos at the red-carpeted Del Cambio.

Summer-long food events will take place across the city, culminating with the Salone del Gusto, 22-26 September (salonedelgusto.com).

Turin is also a great jumping-off point for tours of the Unesco World Heritage wine regions – Langhe, Roero and Monferrato – and Italy’s lovely lake district.

How to do it Fly return with BA from around £160 (ba.com) and stay at Come Se Fosse Casa Tua!, a sleek apartment in the boho and restaurant-rich San Salvario quarter, from Dhs260 a night (airbnb.co.uk/rooms/4222999).

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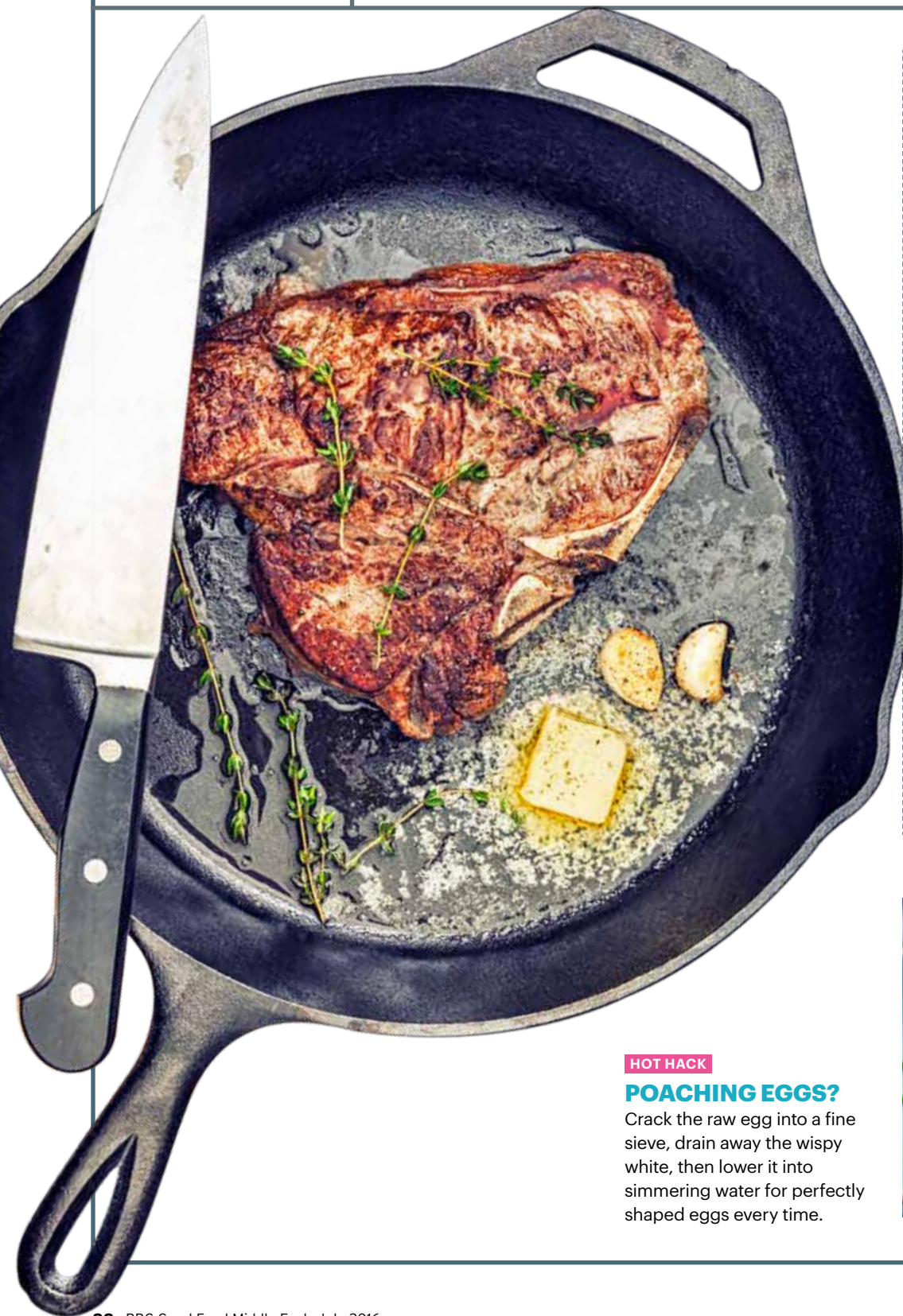


BBC
goodfood
Middle East



test kitchen

Take your cooking skills and culinary knowledge up a notch



COOK LIKE A PRO

Pan-frying

Not to be confused with sautéing (where ingredients are moved around over a high heat), pan-frying is the method of gently sizzling food in a thin layer of fat until it's nicely browned.

- Heat the pan before adding oil or butter.
- The pan is hot enough to add the food when the oil shimmers or the butter lightly froths.
- If you're frying in butter, adding a splash of oil lets you increase the temperature without the butter burning.
- Smoke means your pan is too hot. Leave it to cool, wipe it with kitchen roll and start again on a lower heat.
- Never cover the pan, as the steam will drip back into the oil and cause it to splutter.

HOT HACK

POACHING EGGS?

Crack the raw egg into a fine sieve, drain away the wispy white, then lower it into simmering water for perfectly shaped eggs every time.





Pollack

Pollock

ASK THE EXPERT

Q What's the difference between pollack and pollack?

A 'These are often mistaken for the same fish,' says CJ Jackson. 'It's true that they're both members of the cod group, but they're actually different species.'

'Atlantic pollack (*Pollachius pollachius*) is a great substitute for cod and can rival its flavour when fresh.'

'Pacific pollock (*Gadus chalcogrammus*) is one of the most extensively harvested white fish in the world and is sold frozen as fish fingers and breadcrumbed fish burgers in most places, including the Middle East.'

'When buying, look for Marine Stewardship Council-certified pollock and cook as you would cod or haddock: deep-fried served with chips; grilled with a buttery, herby crust; or poached for fish pies and casseroles.' *CJ Jackson is CEO of Billingsgate Seafood School, a charity-based cookery and training school in London's famous fish market (seafoodtraining.org).*

TAKE A COOKERY COURSE

Culinary Boutique

A cutespot on Jumeirah Beach Road, encompassing a café, gourmet cookingschool and bakery. Visit: www.culinaryboutique.com



Throughout July, choose from a range of different cooking classes available at Culinary Boutique. From learning how to make the perfect steak, pasta or sushi roll, to creating a delicious Emirati, Mexican or brunch spread – this venue is host to quite a selection of

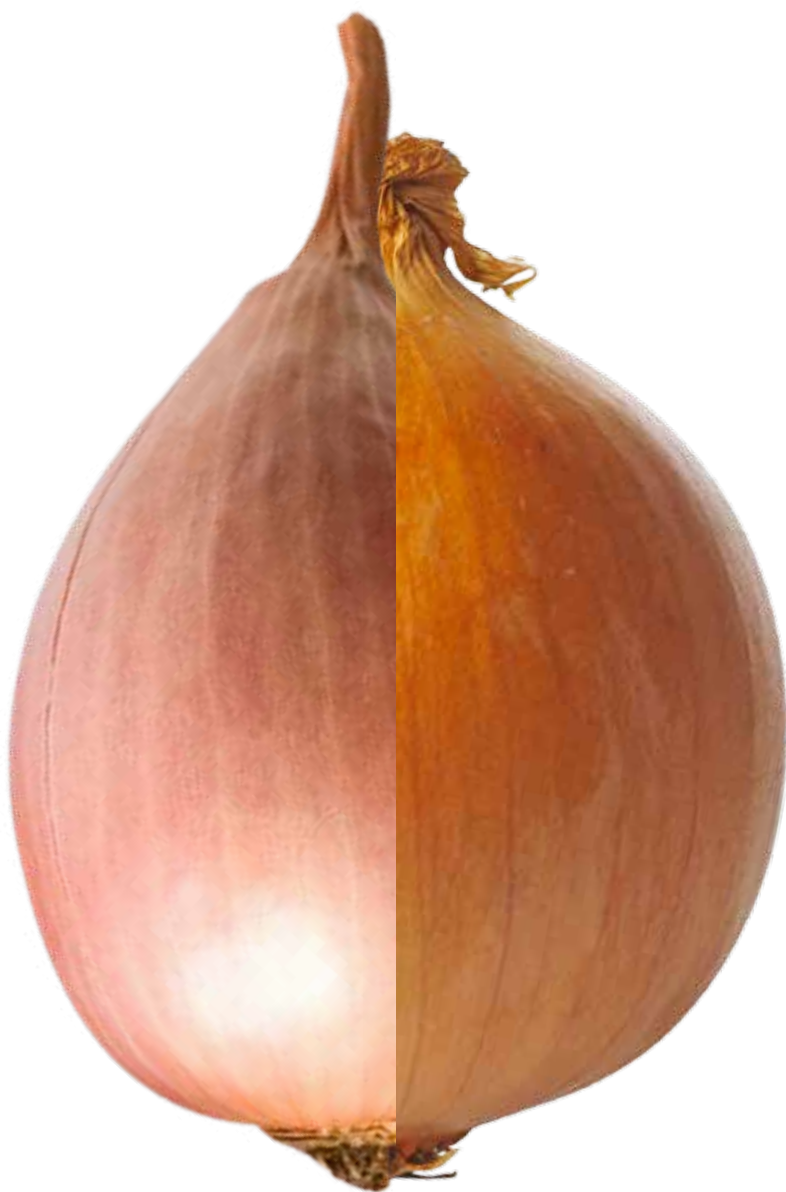
cookery classes. Starting at Dhs295 per person, classes are available for 1.5 hours to 3 hours, every day of the week.



CHEF SWAPS

Shallots for onions

Chefs often use shallots instead of onions because they have a milder, sweeter flavour. They can be caramelised and served as a vegetable, or added to sauces, butters or meat dishes. But if a recipe calls for raw shallots, make sure you use them – raw onions will be far too harsh.



HOW TO EAT

Burritos

A burrito will come wrapped tightly in foil or greaseproof paper, or both. They can be messy to eat, but there's an art to eating them correctly. Follow our guide to avoid potential pitfalls.



1 Hold the burrito firmly with one hand – but don't squeeze. Use your other hand to untwist the top of the wrapping.



2 In a circular motion, tear away the top to reveal enough burrito for a generous bite (and avoid any mouth-to-foil contact).



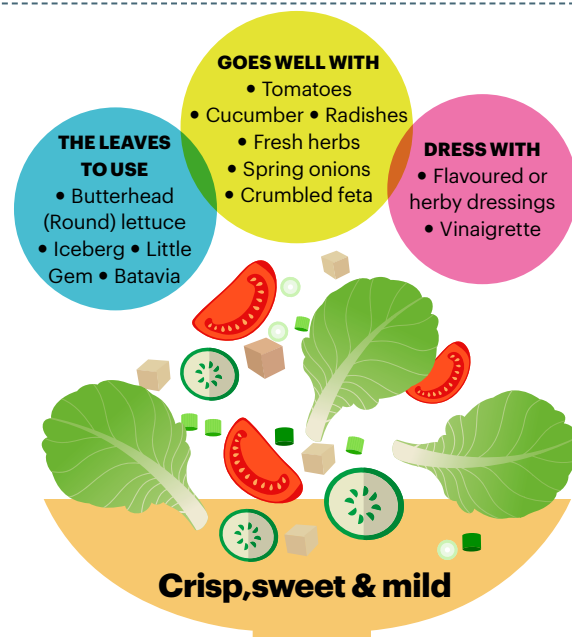
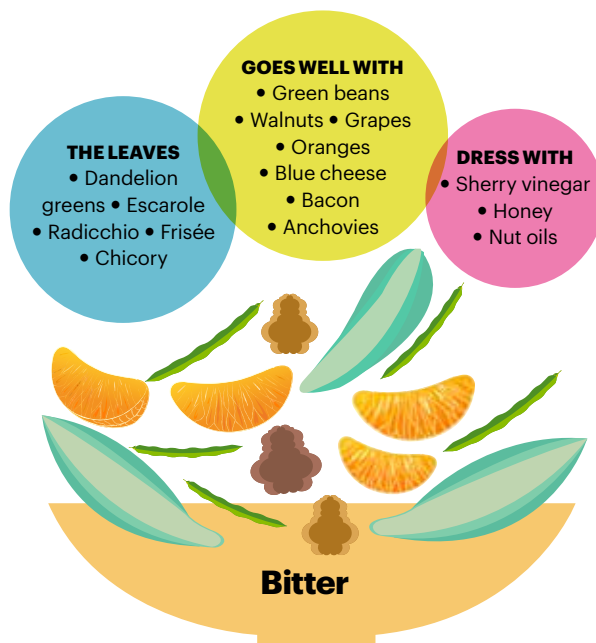
3 As you eat, continue to tear away the wrapping.



4 Beware! All the delicious juices will collect at the bottom, so the last bites are the trickiest. Have napkins at the ready, pause conversation and enjoy your final two mouthfuls in blissful silence.

BUILD A BETTER SALAD

Mix and match the right ingredients to create exciting combinations of flavour and texture



ESSENTIAL KIT

Chinese hotpot

Made for sharing, Chinese hotpots are a new trend. Perfect for using when entertaining, Chinese hotpots allow you and your friends to gather around a pot of homemade broth, and take turns simmering chunks of meat, fish or vegetables. Towards the end when the broths flavour is at its best – throw in some noodles and tuck into them with chopsticks and ladles.

Here's what you need to create the ultimate hotpot experience:

1 A hot of potable gas stove that people can gather around. Or, get a proper tabletop Chinese hotpot for Dhs270 at souschef.com.

2 A pot deep and large enough for your party.

3 Hotpot ladles.

4 Chopsticks.

5 Bowls for eating and dipping.

Find all of these items at: amazon.com or lakeland.com.



CAKE CLUB

Butterfly cupcakes

These pretty bakes make any occasion extra special

recipe MIRIAM NICE photograph SAM STOWELL

The flavoured syrup helps the cakes to stay soft, so you could make them a day ahead and decorate the next day, if you like.

MAKES 24 **PREP 2 hrs**
COOK 25 mins **A LITTLE EFFORT**

300g golden caster sugar
4 eggs
300g butter, melted and cooled
300g self-raising flour
For the flavoured syrup
300g golden caster sugar
1 tbsp dried lavender flowers (see tip, right)
For the buttercream icing
400g butter, softened
550g icing sugar
3 food colouring gels (we used purple, yellow and pink)
For the butterfly wings
400g white chocolate
3 food colouring gels (we used purple, yellow and pink)
2 chocolate biscuits, crushed (we used Oreos but removed the white filling)

1 Heat oven to 180C/160C fan/gas 4 and line two 12-hole cupcake tins with paper muffin cases. Put all the cake ingredients in a large bowl and whisk with an electric whisk for 3-4 mins or until pale and light. Divide the mixture evenly among the 24 cases and bake for 20 mins or until a skewer inserted into the centre of a cake comes out clean. Leave to cool on a wire rack.

2 While the cupcakes bake, make the syrup. Put the sugar, lavender and 300ml water in a medium pan over a low heat. Bring gradually to the boil, cook for 2 mins, then turn off the heat and leave to infuse. When cold, strain through a sieve into a small jug.

3 To make the icing, put the butter, icing sugar and 100ml of the syrup in a large bowl. Mix with a wooden spoon, then switch to an electric whisk and whisk until smooth and fluffy. Divide the mixture between three bowls. Add a tiny dot of food colouring gel to each bowl to make three different colours of buttercream – stir to mix, then transfer half of each colour to disposable piping bags.

4 Use a cocktail stick to poke a few little holes in the top of the cupcakes, then drizzle each with 1 tsp of the syrup. Put 1 heaped tsp of icing onto each cake (do eight of each colour) and swirl it round with the back of the spoon to completely cover the top. Next, use the matching piping bag to pipe a straight line about 2-3 cm long across the middle of each cake.

5 To make the wings, melt the white chocolate in a heatproof bowl over a pan of simmering water. Divide into three smaller bowls and add the same gel colours as before. Cut 8cm squares of baking parchment and, using a pen, draw a pair of butterfly wings on each square so that the design shows through on the other side or, if you prefer, trace the design below. Turn the paper over and, using the line as a guide, paint on the melted chocolate. Sprinkle crushed biscuits on the edges to create patterns, then leave to set. Once set, gently push the wings into the cupcakes at a 45-degree angle.

PER CUPCAKE 558 kcal • fat 30g • saturates 19g • carbs 67g • sugars 57g • fibre 1g • protein 4g • salt 0.7g

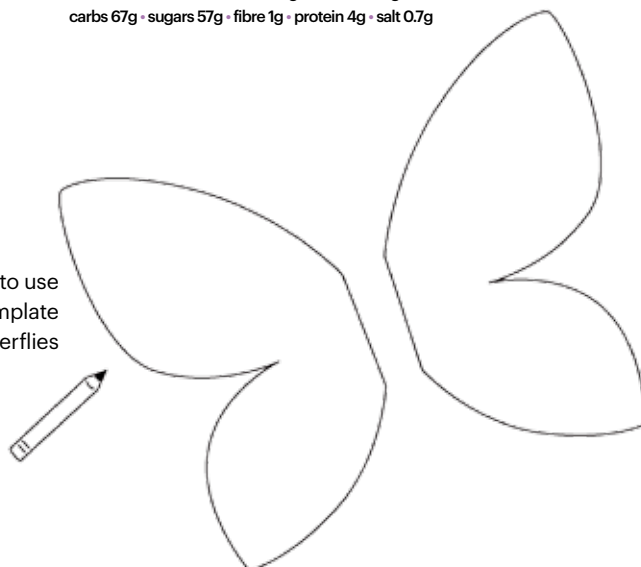


TIPS

- The lavender flavour is very subtle, but you can use 1 tbsp rosewater or the zest of 2 lemons if you prefer.
- Store any leftover syrup in the fridge in a sterilised bottle for up to 1 month.
- Try it in cocktails in place of sugar syrup, or drizzle over berries and serve with meringue and cream for a summery dessert.

‘Butterflies are my favourite sign that summer is here’

Trace me to use as a template for your butterflies





Competition



WIN!

**A 2-night stay for
2 adults at Al Ain
Rotana worth over
Dhs8,000!**

Win a two-night stay for two at Al Ain Rotana in a Falaj Suite with breakfast and dinner!

You and your guest could win a stay at Al Ain Rotana in a Falaj Suite, including breakfast at the all-day dining restaurant Zest and dinner at Trader Vic's and Zest.

Conveniently located in the heart of Al Ain city, a few minutes away from all city facilities and attractions sites. Al Ain Rotana consists of elegant 242 units varying from rooms, studios, suites, chalets and villas offering variety of options for the weekend travellers. Besides from the original amenities and complete facilities the winner will be invited to indulge in lifestyle in the middle of the tranquillity of our Falaj wing. Enjoy private access to Falaj pool, exclusive underground parking and view of enchanting gardens and pool.

Al Ain Rotana offers a selection of award-winning outlets to satisfy all tastes like: Zest the all day dining restaurant

serving international and traditional cuisine. Trader Vic's the world famous Polynesian French restaurant offering exotic cuisine and signature cocktails from South Seas. Min Zaman a traditional Lebanese restaurant with singer and belly dancer. Moodz lounge bar the happening place in town.

Awarded at 2016 World Luxury Spa Awards - Zen the spa at Rotana consists of 8 individual treatment rooms, a couple suite, separate relaxation rooms for female and male, saunas, steam rooms, plunge pool and Hammam. All these facilities combined together create the right mixture to satisfy the weekend travellers seeking peace and tranquillity in Al Ain Rotana as its famous for being a weekend destination to escape the big cities and enjoy a relaxing weekend.

The prize draw for a two-night stay for two adults at Al Ain Rotana will be made at the end of July 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Booking is not valid during Eid or holidays. Valid until the end of October 2016.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

When Zen the spa at Al Ain Rotana has been awarded at the "World Luxury Spa Awards?"

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

WIN!

**A 2-night stay
for 2 adults at
Grosvenor House,
Dubai, worth
Dhs8,500!**

Delight in a two-night stay for two in a deluxe room at Grosvenor House, Dubai, and Hola Hola Brunch at Toro Toro for 6 people!

You and a guest are in with the chance of winning a luxury two-night stay for two at Grosvenor House, Dubai, complete with an invite for six people to Toro Toro's Hola Hola Brunch, also located at Grosvenor House, Dubai Marina.

With an outstanding choice of 12 restaurants and bars, Grosvenor House's Tower One has firmly established itself at the forefront of Dubai's vibrant social scene. Grosvenor House's flagship restaurant Rhodes W1 offers signature modern British dishes with French flair by Michelin starred celebrity chef Gary Rhodes, whilst Indego by Vineet is a contemporary Indian restaurant with the Michelin Starred Chef Vineet Bhatia at its helm. Other equally exquisite outlets include Ottomans, Grosvenor House's signature modern Turkish offering and Sloane's famous for its international

cuisine and open show kitchen. The hotel is home to the world-famous Buddha-Bar, renowned globally for its unique food, eclectic atmosphere and chilled sounds. Other bars high on the list of latest places to be seen in Dubai include Bar 44, the hotel's top floor Champagne and cocktail bar and The Gallery, a discreet bar with a colonial feel.

Tower Two brings three entirely unique offerings including the Pan Latin restaurant and lounge Toro Toro, Siddharta Lounge by Buddha-Bar, which infuses Mediterranean flavours with futuristic sounds. Last but certainly not least, Embassy Dubai - located at the top of Grosvenor House Dubai, Tower Two ensures there is something for everyone, whether you are dining in Kitchen 45, lounging at Lounge 44 or partying at Club 43, at this charming three tiered multi-faceted entertainment venue.

The prize draw for the two-night stay for two adults at Grosvenor House, Dubai will be made at the end of July 2016. The prize cannot be exchanged under any circumstances and is not transferable. Subject to availability. Not valid during Eid Holidays, Dubai World Cup, Christmas, New Year and Easter periods.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Which famous chef is behind the restaurant Rhodes W1 at Grosvenor House, Dubai?

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*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

SIX MONTHS' SUPPLY OF FIJI WATER! WORTH OVER DHS1,000

One thirsty winner will be lucky enough to win six whole months' supply of FIJI Water – the No.1 imported water in the US, which is bottled at the source in Viti Levu in the Fiji Islands. Known for its iconic square bottle, soft mouth feel and unique mineral profile, FIJI Water is the brand of choice among discerning consumers, celebrities and top chefs.



WIN!

THE ENTERTAINER FINE DINING APP 2016! WORTH DHS445

Packed with fantastic offers of Dubai's best restaurants, the Entertainer Dubai Fine Dining 2016 App has quickly become an essential for foodies. Featuring over 900 Buy One Get One Free offers, the App opens the door to high end restaurants and up market bars, including names like Asia Asia, El Sur, The Meat Co., The Ivy, Zero Gravity, Nineteen, and 360. The App comes with the Entertainer Travel 2016 which has over 300 Buy One Night Get One Free offers for hotels worldwide.



WIN!

AN AARDEE POWER BLENDER THOR! WORTH DHS999

One lucky winner will have the chance to power up some healthy cooking this month. The Aardee Power Blender Thor, is the one multi-function machine in the kitchen that can do it all. It comes with a digital display where you can go manual or choose from the 6 built-in pre-set functions that makes it super easy to prepare healthy recipes. Thanks to its powerful 1680 watts (2HP) motor, you can now prepare a well-made balanced and versatile menu from juices, smoothies, nut butter to grinding nuts, making minced meat, steaming hot soups, and much more. Get the smoothest results and maximised flavours and nutrition without any chunks or bumps! For more info, visit: Facebook- www.facebook.com/aardee.appliances, www.aardeeug.com or www.ideas91.com.



WIN!

1 OF 2 MULTIPACKS OF MONVISO 1.5L WATER! WORTH DHS1,080

Monviso is the minimally mineralised water with one of the lowest sodium levels and total dissolved solids in the world. Born in the heart of Italy's Monviso Mountain, it is captured from Europe's highest spring and bottled at source. Its unique composition gives it health benefits that make it perfect for everyone, including infants. Monviso water is ideal for everyone - even newborns. Thanks to its contaminant-free purity, consistent chemical composition, low-grade mineralization, and low sodium and nitrate content.



WIN!

1 OF 5 VOUCHERS FOR HOMADE CAKES AT HUMMINGBIRD BAKERY! WORTH DHS200 EACH

Hummingbird Bakery is famous for baking in the traditional way, with each cake being made fresh, daily and on-site, meaning that visitors to the bakery can enjoy the rich baking smells of fresh cake batter as it rises. With locations at Mall of the Emirates, Dubai Mall and Citywalk Hummingbird Bakery's delivery services includes cupcakes, whole cakes in a variety of sizes, or gift boxes with a variety of flavours to suit every mood. Hummingbird Bakery's delivery service runs seven days a week from 10am to 8pm, and can fulfil orders within 24 hours and is available online at ae.hummingbirdbakery.com.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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